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The Halifax economy? Meh, survey says

Respondents are cautious, verging on pessimistic **PAGE 6**

Release those frozen fish sticks, matey

Stick with this recipe to bring the pub classic home **PAGE 32**

'I DO' ... JIAN GHOMESHI BREAKS HIS SILENCE

WITH THOSE TWO WORDS, HE ACCEPTS BAIL
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PAGES 20 & 25

'Heartbreaking' for Catie's family

Homicide case. Father speaks for the first time about daughter's killing

STEPHANIE
TAYLOR

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Catherine Miller, better known to family and friends as Catie, had recently found her calling as an electrician.

It had taken the 29-year-old Dartmouth woman some time to find out what she wanted to do in life, so her family was immensely proud when she graduated from the electrical program at Nova Scotia Community College last year.

"She was blessed with talents and abilities to do anything she put her mind to," her father John Miller told reporters during a press conference Wednesday in Halifax.

But now, he says, she will never be able to enjoy a career. Just like she won't be there to help blow out the candles on her son's fourth birthday cake.

"When we got the news on Sunday, our first thoughts were of Oliver," he said.

After more than four months of searching for their missing daughter, John and Catie's mother Terry got the

Service for Catie



Catie Miller CONTRIBUTED

The family plans to hold a service to remember Catie Miller on Saturday at the Bedford Baptist Church at 1:30 p.m.

news Sunday that Catie had been killed, likely on July 15 — the day she disappeared.

"You never lose hope, and we didn't lose hope," Miller said Wednesday, adding the dark news they received was eased by knowing that hundreds of people had supported their efforts to bring Catie home.

He said the family immediately contacted Rev. Ida Armstrong-Whitehouse, pastor of Bedford Baptist Church, who officiated several of the vigils for Catie.

The pastor began counsel-

ling the family and explained how to tell Catie's three-and-a-half-year-old son Oliver what happened to his mother.

Miller said Oliver's father, Cameron, then took the young boy for a walk and told him why his mother won't be coming home.

"Flowers die, leaves come off the trees, and it happens to people too and it's happened to our family," is what Miller said Oliver's father told the boy.

Afterward, Oliver came back in the house and asked if he could go play in the basement.

"The very first thing he picked up was a Noah's Ark (toy) that was a gift from Catie to him and (he) held it tightly for some time," Miller said.

On Wednesday, he called the idea of closure "ridiculous" — that he believed saying goodbye to his daughter will be a lifelong process.

"It is heartbreaking that this should happen to anyone this young and so soon after she seemed to have found what she wanted to do in life," Miller said.

More coverage: Human remains found in case — Page 3
Family speaks about police investigation — Page 4



John Miller, right, pictured with his son Christopher, fights back tears while speaking to the media about his daughter Catie. JEFF HARPER/METRO



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Human remains found in Catie Miller murder case

Grisly discovery.

Man, woman arrested by investigators, interviewed throughout Wednesday

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Human remains were discovered and two more arrests were made on Wednesday in connection to the disappearance and killing of Catie Miller.

Halifax Regional Police reported that a 30-year-old man and woman were arrested and taken into custody on Wednesday around 7:30 a.m.

The man was arrested at an undisclosed address in Port Dufferin, while the woman was arrested at an address in Lawrencetown.

Homicide investigators then spent the day searching for potential evidence at four separate scenes: two in Lawrencetown and others in Port Dufferin and Goffs.

In an interview early Wednesday afternoon, spokes-



Halifax RCMP hold a scene on 132 Doherty Dr. in Lawrencetown on Wednesday as part of Catie Miller's murder investigation. JEFF HARPER/METRO

person Const. Pierre Bourdages said "charges were anticipated" against the pair, but as of Wednesday night no charges had been laid and the suspects were still being questioned.

He also stated that a majority of the information about the case is being withheld to protect the investigation.

Around 4 p.m., police issued a second statement that homicide investigators had discovered human

remains at one of the four scenes, but it was unclear whether they belonged to Catie Miller.

Bourdages said on Wednesday evening police would not release any more details about the evidence or investigation.

The two additional arrests made Wednesday came two days after Jason James Johnson was arrested at a Charlotte Lane address in Halifax and appeared in court on Monday, facing one charge

Quoted

"Things are happening, changing and progressing as we speak."

John Miller, father of Catie Miller, talking about the investigation

of first-degree murder and indecently interfering with a dead human body.

Catie's father, John Miller, and brother Christopher spoke at a press conference Wednesday morning in Hali-

fax and said police notified the family with the news on Sunday.

Miller also said he spoke with officers before the conference asking for any new details.

He explained that as the case unfolds, police said a number of the facts surrounding Catie's killing are "up in the air," including the belief that she was murdered in Hants County and later transported to a location near Halifax.



Halifax RCMP block a muddy road in Goffs on Wednesday.

JEFF HARPER/METRO

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Man accused of killing Catie Miller never introduced to family: Father

'Tremendous efforts.'

Family says that police handled the case as they had to

STEPHANIE
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The father of Catie Miller says he understands why the Halifax police department withheld information that they were investigating his daughter's disappearance as a homicide.

John Miller, who was accompanied by Catie's brother Christopher, spoke at a press conference in Halifax on Wednesday, thanking police for their "tremendous efforts" in their ongoing investigation into Catie's disappearance. Miller said not knowing that Catie's case was being investigated as a homicide when the family considered her a missing person was "very



Jason James Johnson JEFF HARPER/METRO

difficult to deal with."

"But we understand the reasons why," he said, explaining the recent arrest and murder charge proved investigators needed to protect their information.

Catherine "Catie" Miller was last heard from on July 15. For the months to follow, John and mother Terry initiated a poster campaign, created a YouTube channel and held several vigils in an effort to bring their daughter home.

However, on Saturday evening officers arrested Jason James

Johnson at a Charlotte Lane address in Halifax in connection to Catie's disappearance.

He appeared in court on Monday to face charges of first-degree murder and indecently interfering with a dead human body.

Miller said the suspect had never been introduced to the family but believed Catie became involved with him in March and then stopped seeing him around Easter.

"I'm not versed in the nature of their relationship," Miller said, explaining the term "relationship" is used loosely and does not necessarily mean it was romantic.

After Johnson's arrest, Miller said investigators contacted the family, expressing their regrets that they were unable to say Catie's disappearance had been considered a homicide since Day 1.

"Information had to be kept within the investigation to bring the individuals (re-



John Miller, right, speaks to the media with his son Christopher on Wednesday about the killing of his daughter Catie. JEFF HARPER/METRO

sponsible) to justice," Halifax Regional Police spokesperson Const. Pierre Bourdages explained on Wednesday, calling the case "an ultimately tragic event."

Miller said the family had

begun to suspect Catie's case was a homicide for several reasons but mainly because her brother Christopher, who is a police officer in Toronto, had indicated his sister's case was probably a murder based on his

own experiences.

"I understand exactly where they were coming from, so I don't fault (investigators) at all, as much as I was frustrated," said Christopher Miller, who then thanked police.

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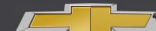
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CITY MATTERS

→ This is part of a series about hearing what you, the people of Halifax, have to say on issues. → On Friday: We look at immigration in Halifax and what you love most about the city.
→ Tweet your views using the hashtag #citymattersHalifax. → More online at metronews.ca.

Survey says: Halifax economy given big shrug from City Matters respondents

Respondents to the 2014 City Matters survey are cautious, verging on pessimistic, about the overall economy and the climate for business and young professionals.

RUTH DAVENPORT
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Construction in downtown Halifax JEFF HARPER/METRO

Great economy or just OK?

"Even when things are going pretty well, we're reluctant to say that they're excellent."

— MQO Research vice-president Craig Wight

The City Matters survey responses don't paint a glowing picture of where the economy is, or where it's going, but the Greater Halifax Partnership's chief economist says that doesn't mean the economy is in trouble.

"Even though Halifax is growing and the population is growing and things are happening here, you get a little bit of a downcast observation based on challenges that are Nova Scotia-wide," said Fred Morley.

Thirty-eight per cent of respondents said the Halifax economy is excellent or good, while 44 per cent called it fair and 14 per cent called it poor.

City Matters was conducted by MQO Research for Metro Halifax and the Greater Halifax Partnership. It surveyed 500 adult Halifax residents in online panels from Nov. 7 to Nov. 14. MQO vice-president Craig Wight said periodic surveys on the provincial economy have generated similarly cautious responses since 2004. "This is pretty standard," he said. "Even when things are going pretty well, we're reluctant to say that they're excellent."

Morley said the responses could be influenced by individual circumstance or perception of the "give and take" that can occur, such as one company downsizing while another expands. Almost 70 per cent of respondents expected Halifax's economy to be the same in a year, but Morley said there's cause for optimism.

Although the housing market has softened, there are companies moving to or growing steadily in Halifax, and major projects like the convention centre and shipbuilding contract will keep the economy on solid ground.

"It's ticking along, and the Conference Board (of Canada) expects it to grow at a higher rate relative to other Canadian cities next year and in fact to do pretty well this year as well," said Morley.



Dalhousie University JEFF HARPER/METRO

Not the place to start a career

"There are opportunities for some, there are not opportunities for others and the overall picture is that we're not doing good enough."

— Jonathan Williams, executive director of Students Nova Scotia

Survey respondents across all demographics agree that Halifax isn't the best place to start a career.

Nearly 80 per cent rated the city as a fair or poor place for a young person starting their career to find work in their field.

The executive director of Students Nova Scotia said it's not a new problem, citing 28 consecutive years of net youth out-migration, but said it's taken on a new urgency as baby boomers reach retirement age.

"It's going to be tough to see the province be able to continue to offer the services that we expect," said Jonathan Williams. "There are going to be too few people working in the province and too many people that are ... in their retirement."

Eighteen per cent of survey respondents said Halifax is a good or excellent place for a young person to find work in their field, and Williams said those respondents aren't wrong.

"There are opportunities for some, there are not opportunities for others and the overall picture is that we're not doing good enough," he said.

Williams said the solution doesn't lie solely with government but said the provincial government must take the lead in reversing the out-migration of young people.

He said the Liberal government cut \$35 million from retention programs for new graduates in the last year and cited a "worrying" lack of action on recommendations in the One Nova Scotia report.

"What it's going to take to change that scenario is going to be serious commitment ... between government and the private sector to say, 'We're not going to let this place go belly-up,'" he said. "We're going to make investments and make decisions to ensure that this is a youth-friendly province."



Gordon Stevens, business owner METRO FILE

New business? Gotta hustle

"If you're trying to just start or grow a business, you need to be able to get things done and get them done quickly."

— Gordon Stevens, business owner

One entrepreneur in Halifax who has grown his operation from one café to six businesses in 11 years said the survey responses on Halifax's business climate are discouraging but true.

Nearly half of City Matters survey respondents rated Halifax as a fair place to start a new business and to grow an existing business. Just 23 per cent said it's a good or excellent place to start, while 33 per cent said it's a good or excellent place to grow.

Gordon Stevens, who owns the Uncommon Grounds cafés, Sugah! Confectionary, Rum Runners and the Lost Cod, said it's possible to succeed with small businesses but not because of any support from external agencies.

"The biggest challenge, to me, seems to be the lack of any shared sense of urgency when you're dealing with any of the government bureaucrats, politicians or agencies," he said. "There's a lot of talk and maybe things will eventually get done, but if you're trying to just start or grow a business, you need to be able to get things done and get them done quickly."

The Canadian Federation of Independent Business typically cites excessive red tape and taxes as major barriers to small- and medium-business owners in Nova Scotia, but Stevens said his top frustration has been a lack of action on recommendations such as those in the One Nova Scotia report.

Despite recent changes in both the municipal and provincial governments, Stevens said very little has changed in the Halifax business environment.

"There seems to be more openness to having discussions, but when it's time for action, it just slows down again," he said.

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Medication. 'Extremely dangerous' pouch missing

A pouch containing "extremely dangerous" medication has gone missing from an Emergency Health Services ambulance, and officials are issuing a warning against misuse of the drugs.

"The medication is extremely dangerous if used by people who are not trained health-care professionals," a spokesperson for EHS said in a news release issued on Wednesday.

"If someone finds the pouch, they should immediately call EHS at 1-888-346-9999 or any RCMP detachment or local police so the medication can be

secured safely."



What the lost pouch looks like. CONTRIBUTED

secured safely."

An EHS paramedic crew was working between Liverpool and Halifax when they noticed a small black pouch containing the medication was missing.

TRURO DAILY NEWS

Any one who uses or injects the drugs are advised to "immediately" contact 911, the release

Bridgewater

Business owner fined for not filing tax returns

A business owner in Bridgewater has been fined \$7,000 this week after pleading guilty to failing to file corporate income-tax returns for seven straight years.

Jimmy R. Selig of Road Sounds P.A. Systems Limited pleaded guilty to seven counts after tax returns weren't filed between 2005 and 2011. Each guilty plea carried with it a \$1,000 fine.

He also has until Feb. 23 to file the 2005-07 tax returns and April 18 to file the remaining ones from 2008-11.

METRO

Rash of patio furniture thefts — in November?



Const. Pierre Bourdages of the Halifax Regional Police.
ANDREW VAUGHAN/THE CANADIAN PRESS

Yes, it's true, say police. Backyard stuff being taken in peninsular Halifax



PHILIP CROUCHER
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Have they been looking outside lately?

In what is very bizarre timing, Halifax Regional Police are asking for the public's help in the case of several thefts involving patio furniture from homes in the peninsula of the city.

Police say patio furniture has been stolen from four homes since Nov. 6. All of the thefts happened sometime overnight, and police say everything from chairs, tables, loungers and stools were taken.

"They must either have

a need for them or are selling them ... but we have no idea who would need patio furniture in late November," said police spokesman Const. Pierre Bourdages.

The first incident took place on Vernon Street in Halifax on Nov. 6. There was also a robbery on nearby Tobin Street (Nov. 7-8), Payzant Avenue (Nov. 11) and South Street (Nov. 18-20).

"We do believe they are connected," Bourdages said, adding that the thefts would likely have involved several people and a large vehicle to transport the items.

He didn't know if anyone was home at the time of the thefts.

Assistance

Anyone with information about the thefts is asked to contact police at 902-490-5016 or Crime Stoppers.

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Downtown Dartmouth Plan Update

See proposed changes to land use policies and design guidelines based on previous community input, and give us feedback on the revised proposals.

halifax.ca/downtowndartmouthplan

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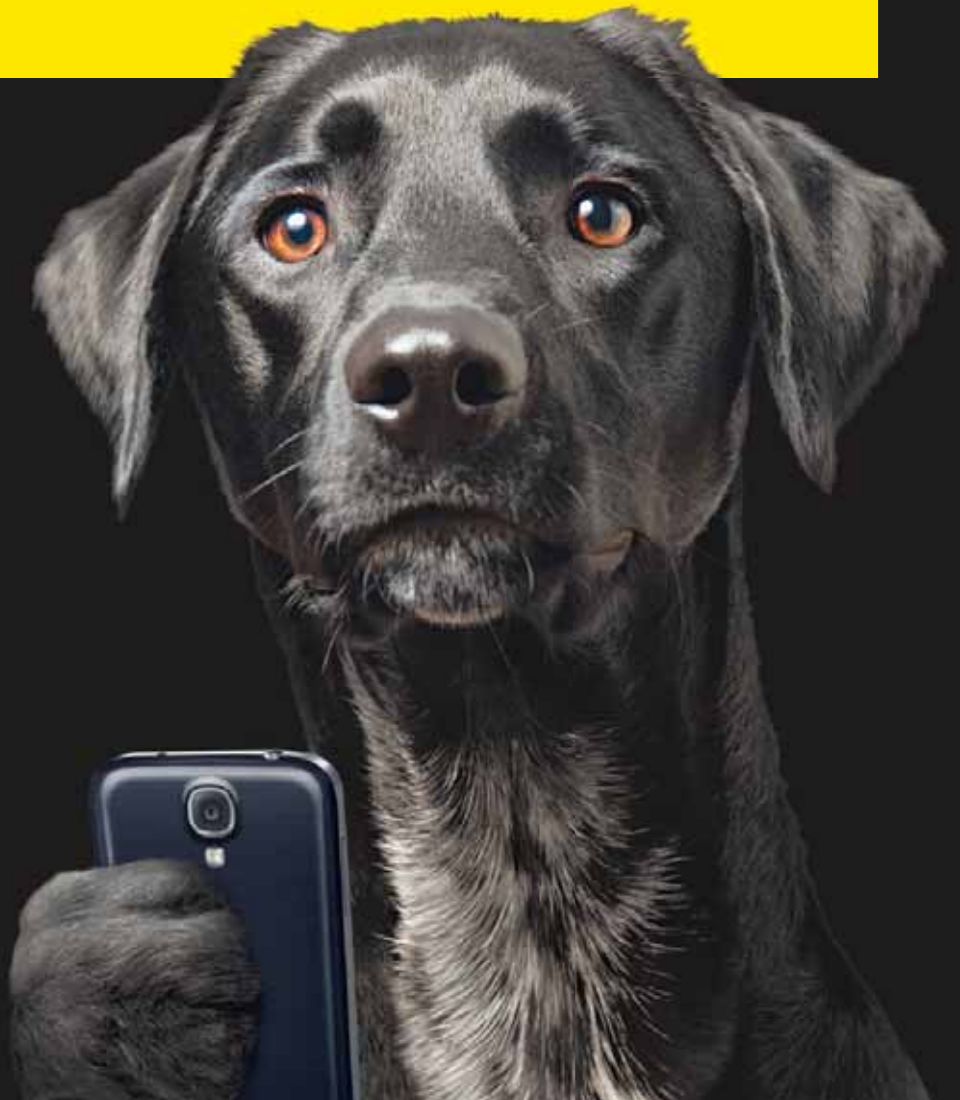
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'I wanted to destroy him,' man accused of homicide told police

Court. Defence expected to call first witnesses Thursday in fatality at sea

A Nova Scotia fisherman who has pleaded not guilty to second-degree murder told police he shot at and rammed the boat of another man after the victim cut his lobster traps, threatened to set his house on fire and taunted him for years, a jury heard Wednesday.

A videotaped interview that Joseph James Landry gave to the RCMP six days after Phillip Boudreau vanished last year was played in Nova Scotia Supreme Court in Port Hawkesbury.

During the interview, Landry repeatedly maintained his innocence and denied that the crew of the Twin Maggies fired shots at and rammed Boudreau's speedboat on June 1,



Members of the RCMP and the Department of Fisheries and Oceans inspect the C & D Fisheries Ltd. boat Twin Maggies at the wharf in Arichat in 2013. CAPE BRETON POST

2013, in Petit de Grat harbour in Cape Breton.

"I didn't do nothing," Landry says. "I'm telling you the truth."

But later on during that

same interview, Landry told the RCMP he fired a rifle at Boudreau four times and intended to kill him, adding that he took the wheel of the Twin Maggies

and ran over Boudreau's boat.

Landry, now 67, said Boudreau had threatened to burn down his house, cut dozens of the crew's lobster traps and

taunted him for years.

"I wanted to destroy him," Landry says. "I was seeing black, I was so mad."

Landry said he later told the

Missing body

The body of 43-year-old Phillip Boudreau has not been found. Joseph Landry told the RCMP during his interview that he didn't know what happened to Boudreau's body.

crew of the Twin Maggies that they had made a mistake.

"I regret it," he tells an RCMP investigator. "I told you the truth. It's all over now."

Landry said he hoped that by telling the truth, it would prevent the other crew members of the Twin Maggies from getting in trouble.

"I'd like to keep the other boys out of it," says Landry during his interview at an RCMP station.

"If I had to do it now I wouldn't do it. But it's too late."

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Woman robbed at gunpoint over prescription drugs: Cops

Halifax RCMP have arrested six teenagers in connection with a violent robbery that took place in Cole Harbour on Wednesday.

Officers responded to a complaint of a robbery involving a weapon in the area of Shrewsbury Road around 12:30 p.m.

RCMP report that a female victim was robbed of prescription medication by two men at gunpoint. They say the men

then fled the scene in a vehicle and that further investigation led police to a home in Cole Harbour.

RCMP and Halifax Regional Police surrounded the home, and the suspects surrendered shortly after.

Six teens — four boys and two girls — were taken into custody Wednesday afternoon.

There was no word on charges. **METRO**

Schools react

The Halifax Regional School Board says both Astral Drive Elementary and Astral Drive Junior High School went into a hold-and-secure situation around 12:30 p.m. as the incident unfolded. The hold-and-secure lasted about 10 minutes.

King's Co.

Search for hiker ends with body being found

Police in Nova Scotia have found the body of a 21-year-old man who never returned Tuesday after going for a hike in the woods.

The RCMP say they were notified around 11:15 p.m. Tuesday about a man going hiking that afternoon in Cape Split, King's Co., and not returning.

The Valley Ground Search and Rescue, along with units from Halifax and Digby, assisted in the search, along

with a military Cormorant helicopter from 413 Squadron Greenwood.

RCMP said the man's body was located at 9:15 a.m. Wednesday. Foul play isn't suspected.

A statement from area MLA John Lohr confirmed it was Caleb Lohr, one of his four sons, who was found. **METRO**

South Harbour

Man accused of attempted murder makes bail

A Nova Scotia man facing charges including two counts

of attempted murder was released from custody Wednesday after posting bail in cash and property amounting to \$60,000.

Francis Augustine Morrison, 57, of South Harbour is also charged with three counts of unauthorized possession of a firearm and three counts of careless use of a firearm.

The offences were allegedly committed Nov. 12 in South Harbour.

RCMP were called to the scene with a report of shots being fired at two people.

Among the bail conditions, Morrison is not allowed to be in Victoria County or any place where firearms may be present. **CAPE BRETON POST**

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Rapping the right chords with his fans

Neverlove. Buck 65, who is playing in Halifax this weekend, keeps leaving his mark on the music scene



**BACKSTAGE
PASS**
Jenna Conter
halifax@metronews.ca

After many years of living the “unglamorous life,” Richard Terfry (a.k.a. Buck 65) has more than found his stride.

The Toronto-based rapper comes to Halifax to play The Marquee Ballroom Saturday night.

Spending a good 10 to 15 years couch surfing and losing money hand over fist, Terfry never doubted the value and eventual prosperity that comes with hard work.

“The whole time I was just working really hard on finding my voice, trying to write good songs and putting together a good show,” he said in a recent interview. “And frankly, the story from then has been working really, really hard — at the risk of sounding pretentious — on my craft.”

There’s something to be said for writing music that connects with people. Admittedly, Terfry learned this lesson the hard way. After years of “flailing in writing songs that I believed would appeal to a lot of people,” he took an accidental tumble into some feelings and the light bulb inevitably switched on.

Spending time trying to tap into the fleeting formula for that perfect song that never quite hit the mark, “I wrote a song that was very personal. It was a very difficult decision for me to share that song with the public because it’s personal to the point of being private,” he said.

“The universal is in the personal.”

Quoted

“Even if you talk about an experience that not everyone can share, at least it can be used as a lens through which people can view their own lives.”

Buck 65, on his latest album release, *Neverlove*, that hit shelves this past September. The album was largely influenced by the breakdown of his marriage.

Neverlove tour

More than 20 years deep into his music career, Toronto-based rapper Buck 65 strolls into Halifax’s Marquee Ballroom to support his latest album release, *Neverlove*.

- **Buck 65.** The native of Mount Uniacke, N.S., returns to his home province.
- **When?** Saturday, Nov. 29 at 9 p.m.
- **Where?** The Marquee Ballroom, located at 2037 Gottingen St.
- **Tickets.** Available online at etixnow.com. Advance tickets are \$24, plus an e-ticket fee of \$2.99. Tickets on the day of the show are \$31.99. Doors open at 8 p.m.

This is a marked turning point in Terfry’s career. From then on, it became a writing rule to be “as honest as I can when I’m expressing myself and just never pander to anybody — ever.”

There’s nothing more relatable and honest than true vulnerability.

This was the crux in the creation of his most recent album, *Neverlove*.

Three years ago, after his wife had left, Terfry launched into the worst bout of anxiety his doctor had seen in decades.

He fought through “a very dark time” and eventually began to once again put pen to paper.

“There is something kind of thrilling about truly going for it, when it happens, even if it makes people a little uncomfortable,” he said.

“It’s not that the audience is unwilling to go there, it’s about people really wanting something that’s real.

“You have to put yourself within your audience — not just stand in front of them.”



Buck 65 is playing The Marquee Ballroom on Saturday night. CONTRIBUTED

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Girl, 16, sentenced for assault on homeless man



The site where the homeless man lived in North Sydney.
CAPE BRETON POST

Brutal attack. Teen lands nine-month jail sentence

A 16-year-old North Sydney girl who participated in an unprovoked and vicious assault on a homeless man resulting in part of his skull becoming embedded in his

brain was sentenced Wednesday to nine months in jail.

Prosecutor Glen Gouthro answers media questions Wednesday outside a youth court sentencing hearing for a 16-year-old girl sentenced for her role in an attack on a homeless man in July in North Sydney.

The teen, who cannot be identified in accordance

with the Youth Criminal Justice Act, must also complete a 15-month probation and is banned from possessing firearms for 10 years. She was also ordered to write a letter of apology to the victim, who continues his recovery in a Halifax hospital. The youth was given credit for the four months she has already spent on remand having previously been de-

nied bail.

Shawn Kurtis Jack, 48, was attacked at his home-made shelter located in woods behind a North Sydney grocery store around 11 p.m. July 14.

A total of six people have been charged in the case, including two people facing charges of attempted murder.

CAPE BRETON POST

Victim impact statement

Jack can only communicate by nodding his head. He needs round-the-clock care and depends on a feeding tube. He will require further surgery and is expected to spend at least a year in physical rehabilitation.

Permanent damage. Hammer assault victim describes lasting effects

The victim of a hammer attack sobbed as she told the court about the flashbacks and nightmares she continues to experience and how she's no longer able to trust people or her own judgment.

As Sherlock "Peter" Cedrick Bowen, 50, of Kentville, sat awaiting his sentencing on charges of attempted murder and aggravated assault in Kentville provincial court on Wednesday, the woman, Bowen's estranged partner, read her victim impact statement. The charge of attempted murder relates to the woman and the aggravated assault charge relates to a male victim. The victims are not being named.

The woman said she suffers physically, emotionally and financially from the May 16 attempt on her life at her North Kentville home. Having been struck in the head with a hammer multiple times by Bowen, she suffered five skull fractures, a severe concussion and continues to suffer headaches daily.

"I will continue to work to get my life back," she said.

Although her hearing has returned, she said she has difficulty concentrating and processing what she hears. Her short-term memory has been affected and she becomes anxious and stressed in public.

"I can no longer deal with stressful situations or conflict," she said. The woman said she has become very emotional and is no longer

The sentence

Judge Claudine McDonald sentenced Brown to the following:

- 10 years less six months, including two years served concurrently for aggravated assault
- A DNA order
- Banned from using firearms for 20 years
- Ordered to pay restitution in the amount of \$11,227.19 to the female victim and \$1,363.75 to the male victim

the social person she used to be.

She has lost income as she couldn't work and this has caused her hardship as a single parent. She said she is under the care of a psychologist, a pain management specialist, a physiotherapist and her family doctor.

Crown attorney Jim Fyfe read the victim impact statement of the male victim into the record. The victim said he was bitten on his right hand during the attack and has lost strength in his right thumb. This has prevented the man from doing his regular job.

In sentencing Bowen to 10 years less six months remand time on the two charges, Judge Claudine MacDonald asked rhetorically, "Where would you have stopped?" KENTVILLE REGISTER

In defence

"This was a crime of passion. In the moment, he (Bowen) became angry and acted out."

Nova Scotia Legal Aid lawyer Ken Greer, who represented Sherlock "Peter" Cedrick Bowen



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10 Armshore Drive

Deborah Xidos of Halifax feels extremely fortunate to have been asked to decorate this home. The serenity of its natural surroundings seemed like an obvious creative inspiration for the project, however, moving forward, a stronger sense of inspiration appeared. One of new beginnings, with a family about to celebrate their baby's first Christmas. With that, it became, "Believe... there's a little Santa in all of us."



6100 Oakland Road

6100 Oakland Road has been recently rebuilt with contemporary flair. Melanie Orr of Interiors by Melanie is honoured to be instrumental in the holiday décor for this stunning home's first Christmas season. Given its graceful tones, beautiful finishings, open floor plan, and exquisite light fixtures, a sparkly, elegant holiday decorating theme is the perfect compliment. We are calling it "The Crystal Forest."



6465 Jubilee Road

"Winter Warmth." Ray Frizzell and David Mc Quaid of KEW, along with Charlotte Pierce, owner of The Flower Shop are proud to be decorating this beautiful early 20th century Dumaesq-designed house. With beautiful floral arrangements, furniture and lighting pieces, the elegance of the historic home is brought out in a contemporary manner. Leaving it feeling open and spacious and yet warm and intimate.

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Maritime Link. Benefits set for businesses related to subsea power project

An agreement has taken effect that aims to ensure that businesses and residents of Nova Scotia, Newfoundland and Labrador benefit from economic opportunities associated with the construction of the Maritime Link.

The government of Newfoundland and Labrador said Wednesday that an industrial and employment benefits agreement is in place with Nova Scotia and utility Emera as work ramps up on the \$1.6-billion subsea link between the two provinces.

Chris Huskison, president and CEO of Emera, said more than \$100 million has already been awarded to local companies, with more to come.

Nova Scotia Energy Minister Andrew Younger attended the announcement and a groundbreaking ceremony for the start of construction of the link in Bottom Brook, N.L. Younger said Emera officials had confirmed the project is on time and on budget.

"At this point pretty well all

Link completion

The project is expected to be completed in 2017.

the major contracts have been awarded, so I think it would be very surprising if it was over budget or not on time," said Younger.

He said that under the agreement, which is part of the original memorandum of understanding signed between the provinces in 2011, qualified local companies are to be given preference for various aspects of the project.

The exception is in areas where the expertise doesn't currently exist locally, as is the case with the construction of the 170-kilometre subsea cable, Younger said. Construction of the subsea cable is expected to create an average of 300 jobs per year in both provinces, with peak employment expected in 2016. **THE CANADIAN PRESS**



Lighting the way toward Christmas

On Wednesday, Kelin Boyd decks a singing Christmas tree that has been installed at Alderney Landing. The tree will hold a choir and is part of Christmas at Alderney Landing, which takes place this Friday until Sunday. For more details, visit alderneylanding.com. **JEFF HARPER/METRO**

Ho, ho, ho!

Santa Claus is coming ... to Spryfield

The man in the big red suit will be making an appearance in Spryfield this weekend.

The annual Spryfield Santa Claus Parade is taking place on Sunday Nov. 30 starting at 2 p.m. and will be travelling along Herring Cove Road, from Punch Bowl Drive to the Spryfield Mall on Dentith Road.

There will be carolling, face painting, hot chocolate — and of course, a visit from Santa Claus himself.

A community Christmas tree-lighting ceremony will also take place at the Captain William Spry Community Centre following the parade.

Crowds searching for ample holiday spirit can visit the Dartmouth Christmas Tree Lighting Event at Sullivan's Pond on Saturday starting at 4:30 p.m. The event runs until 6 p.m. and finishes with fireworks. **METRO**

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Chris Stewart says PTSD doesn't just happen to soldiers and first responders. NEW GLASGOW NEWS

When PTSD hits without warning

Not born of war.

Work accident leads Westville man to ruin

When post-traumatic stress disorder comes up in the news, it mostly involves soldiers returning from war or first responders at some horrific scene.

Chris Stewart of Westville falls into neither of those categories, but the struggles he has faced over the last nine years mirrors them.

Stewart was working on a project that involved lifting someone's trailer home — when the jacks kicked out from underneath it.

The full weight of the tractor trailer landed on his hand, crushing it and pinning him down until it could be lifted again.

That is where his battle with PTSD would start, although it wouldn't be diagnosed until much later.

It took a year and a half before Stewart would be able to use his hand again, now full of metal. The hand still hurts from time to time, but what's haunted him more from the experience were the effects it had on his mind.

He didn't know at first it was PTSD. All he knew was he would have flashbacks and nightmares about the experience. Once confident, he'd become overly cautious and lost any feeling of self-

Struggling

"You have people saying, 'Oh, you're a bum' and all this stuff. They don't know what's behind it."

Chris Stewart

worth.

"You feel worthless, can't do anything," he said.

A couple of times he tried to go back to work but was never able to continue for any lasting period of time.

"I tried. I was doing it, but it was hard. I couldn't do what I could do (before the accident)."

He'd constantly panic about whether his job was safe or if he would be able to do it. Constantly he would talk himself down.

At home, the PTSD also had a detrimental effect.

"I just tried to hide everything with the alcohol. Once you sober up, your problems are back tenfold."

A couple of times, he got so low he tried to take his own life. He still wonders why he was unsuccessful.

It cost him relationships, which in recent months he said he's tried to restore, particularly with his youngest daughter.

"I'm trying to make up for lost time and bad decisions."

If there's some good that has come of it all, he said, it's opened his eyes to the

What is PTSD?

Post-traumatic stress disorder (PTSD) is a mental-health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

suffering of people he used to judge.

"I used to make fun of people in this spot. I regret it every day."

Through social media, Stewart has finally broken years of silence about his struggle and is finding that there are others who are facing the same battles.

"There's people way worse off than I am with it. I've been talking to people on Facebook lately."

Whether he'll ever return to work and feel a sense of normalcy to his life, Stewart said he doesn't know.

"I will never get back what I lost. I had a home, I had a family. The alcohol and everything took that away."

What he does hope is that he can help people understand more about it. Talking about it, he has found, has been the best medicine.

"I'm not saying it'll fix it, but it'll help."

NEW GLASGOW NEWS

Two arrested. Drug deal goes awry but not violent

Two people were arrested by Kentville police early Wednesday morning and are accused of theft under \$5,000.

Just before 6:30 p.m. on Tuesday, police received a complaint of a violent armed robbery. Kentville officers and members of the Kings Street Crime Unit investigated but did not find evidence of violence.

They did find evidence of a drug deal that didn't turn

out the way the prospective purchaser planned, acting chief Ken Reade says.

"The victim arranged to purchase \$200 in drugs," a statement by Reade says. "The culprits took the cash and left the male with no cash and no drugs."

A Kentville man and woman were arrested on Wednesday, police say, and are expected to appear in court on Jan. 12.

KENTVILLE REGISTER

Annapolis Royal

Province launches Operation Christmas

Police officers from across the province converged on Annapolis Royal on Wednesday as law enforcement, Mothers Against Drunk Driving Canada and the province teamed up for the launch of Operation Christmas.

The annual campaign, aimed at reducing impaired

driving and encouraging motorists to practise safe winter driving, kicked off at a luncheon at the Annapolis Royal fire hall.

After food and speeches, police set up information checkpoints where they and members of MADD handed out red ribbons, calendars and educational information.

Cops stopped motorists in Annapolis Royal, Lequille, Cornwallis and Bridgetown. METRO

Yarmouth's town crier on the lookout for Vikings

Leif Ericson Park. Viking-themed attraction in the works

Yarmouth's town crier is looking for a few good Vikings to help with a new tourist attraction at Cape Forchu's lighthouse.

David Olie is seeking volunteers to be part of the Markland Viking Project, a re-enactment piece that could see carved dragonhead uprights, dramatic combat displays and craftwork by costumed Viking volunteers in Leif Ericson Park.

Olie made a presentation to the Friends of the Light, caretakers of the lighthouse property, earlier this month.

"They are very enthusiastic about it," he said. "They can see the benefit of this and how it would draw people, which would be to the benefit of everybody."

Yarmouth has long-time ties

Recruitment

The first Viking recruitment meeting will be held on Saturday, Dec. 6, at 2 p.m. in Th'YARC lobby.

to the Vikings. The Leif Erikson Trail is named after the famous Norse explorer who may have visited Yarmouth shores sometime around 1,000 AD.

The Runic Stone, a boulder with mysterious ancient markings found near the northwest head of Yarmouth harbour in 1812, is on exhibit at the Yarmouth County Museum.

The next step for Olie is to secure volunteers.

"We're looking for just about everybody. Women are certainly welcome. They can either re-enact as Norse women or if they want to re-enact as warriors, fine and dandy," he said.

Volunteers must be 18 and



Cape Forchu's lighthouse. YARMOUTH VANGUARD

older in order to handle the weapons.

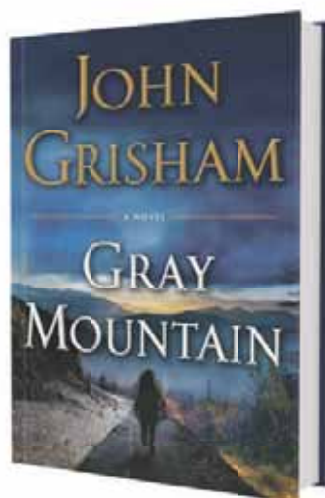
Olie says the popularity of the Vikings series on the History Channel has made them a

hot topic in popular culture. "They're up there with pirates, ninjas and vampires. It just makes sense to take advantage of this." YARMOUTH VANGUARD

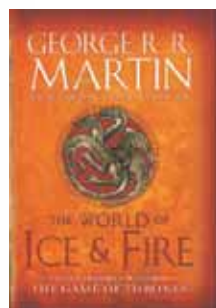
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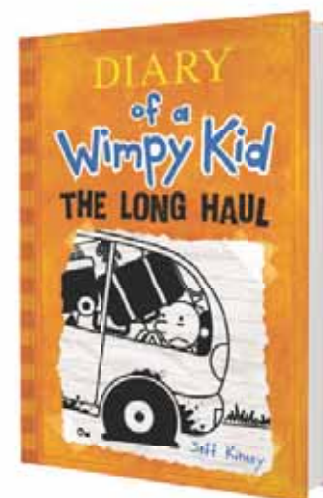
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Jian Ghomeshi to plead not guilty to sex assault, choking charges: Lawyer

\$100K bail. Former radio host is charged with four counts of sexual assault and one count of overcoming resistance by choking

A sombre Jian Ghomeshi stood silently by his lawyer on Wednesday as she told a large crowd of reporters at a Toronto courthouse that the former CBC Radio host would plead not guilty to multiple counts of sexual assault.

The charges — four counts of sexual assault and one count of overcoming resistance by choking — capped weeks of mounting allegations against the once-popular media personality who could now face up to life in prison if convicted.

"We will address these allegations fully and directly in a courtroom," lawyer Marie Henein said just moments after the 47-year-old former host of the radio program Q was released on \$100,000 bail.

In the packed courtroom, Ghomeshi looked tired as he sat in the prisoner's box wearing a dark suit with a light shirt open at the collar. He later donned a tie after he was granted bail.

His bail conditions include living with his mother — who was present in court and acted as his surety — no contact with his alleged victims and an agree-



Police try to clear a path as Jian Ghomeshi makes his way through a mob of media with his lawyer Marie Henein (right) at a Toronto court on Wednesday. The former CBC radio host was granted bail just hours after being charged with multiple counts of sexual assault. NATHAN DENETTE/THE CANADIAN PRESS

ment to surrender his passport and remain in Ontario.

When asked by a judge if he understood the conditions of his release, Ghomeshi clasped his hands in front of him, nodded slightly and said "yes" and "I do."

Ghomeshi's lawyer requested a publication ban on the bail hearing, which was granted, meaning the allegations and evidence details at

the proceedings could not be reported.

It was the first time Ghomeshi had been seen in public since Oct. 26, when he was fired by the CBC after the broadcaster said it had seen "graphic evidence" that he had physically injured a woman.

Since then, nine women have come forward with allegations — some which date back a decade — that Ghomeshi

sexually or physically assaulted them.

Three of the women filed police complaints — which led to the charges laid Wednesday — including Lucy DeCoutere, an actress on the show Trailer Park Boys, who has accused Ghomeshi of choking her "to the point she could not breathe" and slapping her "hard three times on the side of her head" in 2003.

'Painfully close to home'

Fifth Estate to air story on Ghomeshi

CBC is promising to tell the story of "what really happened" with Jian Ghomeshi in an upcoming episode of The Fifth Estate.

The investigative program is set to run an hour-long documentary on the disgraced Q radio host Friday, titled The Unmaking of Jian Ghomeshi.

"There will be numerous revelations that will cast a new light on what happened," executive producer Jim Williamson said in an e-mail.

"In one sense it's a traditional Fifth Estate investigation, the kind we do when there is an important story of wide relevance. But it's untraditional because it is painfully close to home; it's about our own network, and touches on some of our colleagues," Williamson said.

But everyone The Fifth Estate approached felt it was critical for the program to "delve deep," no matter how difficult that might be, Williamson said.

In a preview, Ghomeshi is described as "the breakout success the CBC needed," but says that even as he became ubiquitous on TV, radio and at awards galas, there were "whispers and allegations."

In a statement issued Wednesday, DeCoutere said the Ghomeshi scandal has led to "a major shift" in the conversation about violence against women.

"It has been an overwhelming and painful time for many people, including myself, but also very inspiring," she said.

Ontario's premier added that any development that helped victims feel comfortable coming forward was welcome.

"If we can, as a society, make it easier for people to talk about those experiences

and then move to action, then I think that's a very good thing," said Kathleen Wynne.

Ghomeshi has admitted in a lengthy Facebook post published on the day he was fired that he engaged in "rough sex," but insisted his encounters with women were consensual.

He also said in a follow-up post a few days later that he would meet the flurry of allegations against him head on. None of the allegations against Ghomeshi have been proven in court. His next court appearance is on Jan. 8. THE CANADIAN PRESS

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Canadians actually like commuting, study finds

Time to relax, reflect. Many people say commuting improves their mood: Report

Canadians actually enjoy their commute and find it relaxing.

That's the conclusion of a study released by Toronto ad agency Bensimon Byrne — a finding that runs contrary to the popular vision of commuters as harried and fed up, if not enraged.

“Even more surprisingly, three quarters of commuters report being in a better mood after their commute,” according to the survey conducted for Bensimon Byrne by the Gandalf Group.

“The results are an eye-opener and contradict the prevailing narrative of commuting — which is often conveyed as long and negatively affecting our work-life balance,” said Max Valiquette,

managing director of strategy at Bensimon Byrne.

“In fact, our findings show that having some time to relax and rest, or a few quiet moments to reflect is what makes commuting so important and desirable.”

The online survey questioned 1,500 people in various regions of the country, with an oversampling of commuters in the Greater Toronto Area.

The GTA commuters tend to be longer and commuters there were less likely to be in a better mood after their commute (72 per cent) relative to the national average of 77 per cent, the survey found.

And slightly more respondents in the GTA (16 per cent) dreaded their commute versus the national average of 11 per cent.

After Vancouver, the most congested cities in Canada were Toronto, Ottawa, Montreal, Calgary, Quebec City and Edmonton, according to the index. **THE CANADIAN PRESS**

Taking precautions. MP wears camera to avoid sexual ‘besmirchment’

A Conservative MP issued a bizarre press release Wednesday claiming he uses a body-worn camera to guard against sexual misconduct allegations and urging his colleagues to do the same.

Peter Goldring, MP for Edmonton-East, suggested such cameras can help elected officials “prevent besmirch-

ment when encounters run awry.”

“It will not be good enough to simply say that your intentions were honourable and you were just inviting a colleague to your apartment at two in the morning to play a game of Scrabble,” Goldring said in the release.

“MPs must learn, as I have ... that all do not tell the truth.”

“I now wear ‘protection’ in the form of body-worn video recording equipment. I suggest others do so too.”

Calls made to Goldring's office Wednesday evening were not returned by press time. **LUKE SIMCOE/METRO**



Peter Goldring, MP for Edmonton-East, says MPs should wear cameras. THE CANADIAN PRESS



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Commuters travel on the busy Gardiner Expressway looking east toward downtown Toronto on Sept. 16. DAVID COOPER/TORSTAR NEWS SERVICE

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Bob McCulloch. Prosecutor faces renewed criticism

He criticized the media. He talked about witness testimony that didn't match physical evidence. And he did it at night, as a city already on edge waited to learn if a grand jury would indict a white Ferguson police officer in the shooting death of an unarmed black 18-year-old.

St. Louis County Prosecutor Bob McCulloch — whose impartiality has been questioned since soon after Michael Brown was killed by Officer Darren Wilson on Aug. 9 — has come under renewed scrutiny since he appeared before television cameras to announce that the grand jury would not indict Wilson. A defensive McCulloch repeatedly cited what he said were inconsistencies and

erroneous witness accounts. He never mentioned that Brown was unarmed.

Attorneys for Brown's family and activists said Tuesday that everything from how evidence was presented to the grand jury to the way McCulloch delivered the news of its decision bolstered their belief that the outcome was predetermined by McCulloch, who has deep family roots and relationships with police.

"This grand jury decision, we feel, is a reflection of the sentiment of those that presented the evidence," Anthony Gray, an attorney for Brown's family, said.

Gray questioned, for example, why prosecutors presented testimony of witnesses who clearly did not see the shootings, rather than make a case for some type of charges. He also said it was unclear how the evidence was presented.

Activists and Brown family attorneys had asked McCulloch — whose father, a police officer, was killed while responding to a call involving a black suspect — to appoint a special prosecutor. **THE ASSOCIATED PRESS**



Bob McCulloch THE ASSOCIATED PRESS

Brown's mom

'Heartbreaking' decision

Michael Brown's mother says it has been a "sleepless, very hard, heartbreaking and unbelievable" time for her since the announcement that a grand jury didn't indict Ferguson police Officer

Darren Wilson for killing her son.

Lesley McSpadden said during an interview on NBC's Today show Wednesday that she also felt that Wilson's description of her son as looking demonic during their Aug. 9 confrontation was disrespectful and "added insult to injury."

THE ASSOCIATED PRESS

Protesters angry at Ferguson ruling rush St. Louis City Hall

Mock trial of officer Darren Wilson. At least two arrested

Several people protesting the Ferguson grand jury decision stormed into city hall in St. Louis on Wednesday, leading police to lock down the building and to call in more than a hundred additional officers.

At least two people were arrested after the incident, in which the protesters shouted "Shame, shame" while rushing into the building.

Those who made it inside city hall were part of a group of about 300 protesters who marched and held a mock trial of Darren Wilson, the Ferguson police officer who shot and killed 18-year-old Michael Brown during an Aug. 9 confrontation in the St. Louis suburb.

An influx of National Guardsmen helped make the second night of protests after the grand jury's decision not to indict Wilson much calmer than the first, when 12 commercial buildings were burned down and several others were set ablaze. There were 58 arrests overnight at area protests, including 45 in Ferguson and 13 in St. Louis.

Demonstrators took to the streets again Tuesday night, but there were hundreds of additional troops standing watch over neighbourhoods and businesses. Officers still used some tear gas and pepper spray, and



A protester is arrested outside of the St. Louis City Hall Wednesday. CHARLIE RIEDEL/THE ASSOCIATED PRESS

demonstrators set a squad car on fire and broke windows at city hall.

Since the grand jury's decision was announced, protesters throughout the country have rallied behind the refrain "hands up, don't shoot," and drawn attention to other police killings. As the tension in Ferguson eased somewhat, Wilson broke his long public silence, insisting on national television

that he could not have done anything differently in the confrontation.

The toll from Monday's protests — 12 commercial buildings burned to the ground, plus eight other blazes and a dozen vehicles torched — prompted Missouri governor Jay Nixon to send a large contingent of extra National Guard troops.

The governor ordered the initial force of 700 to be increased

to 2,200 in the hopes that their presence would help local law enforcement keep order in the St. Louis suburb.

Guard units protected the Ferguson Police Department and left crowd control, arrests and use of tear gas to local officers. In one commercial area Wednesday morning, a soldier was stationed at every few storefronts, and some were on rooftops. **THE ASSOCIATED PRESS**



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Ebola in Sierra Leone may have peaked: Minister

Sierra Leone.

Completion of British-built Ebola treatment centres could see the rate of the disease begin to drop

The Ebola outbreak in Sierra Leone, which has been surging in recent days, may have reached its peak and could be on the verge of slowing down, Sierra Leone's information minister said Wednesday.

But in a reminder of how serious the situation is in Sierra Leone, the World Health Organization said the

Far behind

Sierra Leone has nearly 6,600 of the reported Ebola cases, with about 1,400 deaths, and the infections are increasing swiftly.

- The World Health Organization said Wednesday both Sierra Leone and Liberia appeared to be far behind the UN goal of isolating 70 per cent of patients by Dec. 1, with only 20 per cent isolated.

country accounted for more than half of the new cases in the hardest-hit countries in the past week.

By contrast, infections ap-

pear to be either stabilizing or declining in Guinea and Liberia, where vigorous campaigning for a Senate election this week suggests the disease might be loosening its grip.

In all, 15,935 people have been sickened with Ebola in West Africa and other places it has occasionally popped up. Of those, 5,689 have died.

Alpha Kanu, Sierra Leone's minister of information, told journalists that with the imminent completion of two British-built treatment centres, the worst could be over.

"We will have a downward trend, once we have somewhere to take people," Kanu said. **THE ASSOCIATED PRESS**



Iranian Jews finding a new acceptance

In this photo collage, Iranian Jews each pose holding a painting of Moses with the Ten Commandments, after prayers at the Molla Agha Baba Synagogue, in the city of Yazd, 676 km south of Tehran, a home for Jews for 3,000 years. Jews in Iran have found acceptance from moderate President Hassan Rouhani.

EBRAHIM NOROOZI/THE ASSOCIATED PRESS

Nigeria

Boko Haram suspected of killing villagers

Suspected Boko Haram gunmen killed at least 20 people in an attack Monday on two villages on the outskirts of Chibok, the town where more than 200 schoolgirls were abducted in April, said a

Nigerian official.

The attackers struck Kamtahi and Galtimari villages, burning houses and forcing residents to flee, said Muhammed Abbas Gava.

"Virtually every house in the two villages was burnt to ash," said Gava, spokesman of a Nigerian civilian militia.

This is part of a string of attacks in Borno state.

THE ASSOCIATED PRESS

Syria

Airstrikes kill 95

The death toll from a series of Syrian government airstrikes on the Islamic State group's stronghold in northeastern Syria has risen to at least 95, making it one of the deadliest attacks on the city of Raqqa in three years, activists said.

THE ASSOCIATED PRESS

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Overhaul our tax system, report says

C.D. Howe Institute.

A revamp of Canada's system would create fairness, argues paper's author

A new research paper for the C.D. Howe Institute says Canada can help combat rising income inequality by taxing people separately for their paycheque and investment income.

The paper's author says applying a flat rate on investment income would create fairness by closing legal, taxation-avoiding tactics — most-

ly used by higher-income earners.

Kevin Milligan of the University of British Columbia also recommends adding a tax bracket for annual incomes of \$250,000 and perhaps another one at \$400,000.

Milligan says the changes could open the door to other reforms on consumption taxes, environmental taxes and corporate taxes — which could help promote economic growth.

He says Canada's income-inequality gap has widened considerably over the past 30 years, even though it hasn't kept pace with the divide in the United States.

Rich get richer

150%

The paper's author says over the past 30 years Canadians in the top 0.01 per cent of earners have seen their incomes rise by 150 per cent, while those in the bottom 90 per cent have only seen eight per cent growth

Still, he says over that period Canadians in the top 0.01 per cent of earners have seen their incomes rise by 150 per cent, while those in the bottom 90 per cent have only seen eight per cent growth.

Canada's tax system, Milligan added, was developed in the 1960s and no longer fits today's economic reality.

"What's interesting is our tax system hasn't responded at all to that very large change in the distribution of income," said Milligan, also a fellow-in-residence for the C.D. Howe think-tank, in an interview.

THE CANADIAN PRESS

Quoted

"We need to look seriously at a number of tax reforms that would improve the efficiency of our economy and provide a better environment for investment to provide the jobs for the future."

Kevin Milligan, a fellow-in-residence for the C.D. Howe think-tank, in an interview

Firearm checks piling up

More gun sales than ever are slipping through the federal background-check system in the U.S. — 186,000 last year, a rate of 512 gun sales a day, as states fail to consistently provide thorough, real-time updates on criminal and mental histories to the FBI.

At no time of year is this problem more urgent. This Friday opens the busiest season for gun purchases, when requests for background checks speed up to nearly two a second, testing the limits of the National Instant

Criminal Background Check System, or NICS.

The stakes are high: in the U.S., there are already nine guns for every 10 people, and someone is killed with a firearm every 16 minutes. Mass shootings are happening every few weeks.

"We have a perfect storm coming," FBI manager Kimberly Del Greco told The Associated Press during a rare glimpse into the inner workings of the system.

Much of the responsibility for preventing criminals and

the mentally ill from buying guns is shouldered by about 500 men and women who run the system from inside the FBI's criminal-justice centre, a grey office building with concrete walls and mirrored windows just outside Bridgeport, West Va.

By federal law, NICS researchers must race against the clock: they have until the end of the third business day following an attempted firearm purchase to determine whether or not a buyer is eligible. THE ASSOCIATED PRESS



Thanksgiving in England

Danny Lidgate displays a turkey at his butcher shop in Holland Park in London on Tuesday. Plump turkeys in butcher-shop windows. Harvest displays of pumpkin and corn. Sandwich boards describing groaning feasts. Thanksgiving isn't a holiday in Britain, but you might be forgiven for being fooled. It's not hard to find someone to talk turkey, never mind sell you one. That's because there are so many Americans in Britain these days that dozens of businesses have started selling the goods they need to celebrate.

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Ad. Thailand tries reverse psychology to get tourists

It's been a bad year for tourism in Thailand, and at first glance it looked like a new YouTube video was adding to the misery.

The video called I Hate Thailand drew more than a million views within days of being posted last week.

But it turns out the clip was produced by Thailand's tourism authority, using a strategy of reverse psychology to attract tourists after the country's image was battered by a military

coup in May and the brutal murders of two British tourists on an idyllic beach in September.

The five-minute video shows an angry British tourist on a beach. He introduces himself as James and says his bag was stolen: "I hate this place. I hate Thailand," he tells a handheld camera. After mouthing off to a policeman, he meets an attractive Thai woman and finds reasons to like Thailand.

THE ASSOCIATED PRESS

CRTC

Internet market doesn't need more regulation: Bell

Canada's Internet market is already highly competitive and should not be regulated further, says one of the country's largest players.

Bell Canada is telling the telecom regulator its investment in so-called fibre-to-home technology would slow or stop should it be forced to offer smaller competitors greater access to its networks.

THE CANADIAN PRESS

Had forecast a loss

Canada Post on track for profit

Despite more people still choosing email over snail mail, the Canada Post Group of Companies says it's on track to earn a profit this year, defying an earlier forecast for a multimillion-dollar loss.

The Crown corporation said it earned \$84 million before tax for the first three quarters of the year, driven by its parcels business and higher stamp prices.

THE CANADIAN PRESS

Market Minute

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VOICES

IT'S NOT ABOUT GHOMESHI

Metro's Kristen Thompson wishes we weren't talking about the disgraced radio host facing criminal charges, either. But to not talk about it is to ignore the countless victims of sexual assault that need us to keep the conversation going



KRISTEN THOMPSON
kristen.thompson@metronews.ca

Sick of hearing about Jian Ghomeshi?

Let me inundate you with even more analysis, not because I want to make you miserable, but because I think it's important. In fact, I think it's a matter of life and death. Before you turn the page, hear me out.

Jian Ghomeshi has been charged and the case is in the courts, but this isn't the time to turn our backs on the story.

If we do so, it will end an important dialogue about sexual violence, and that puts women in danger.

Dalya Israel, manager of victim's services at Women Against Violence Against Women, a rape crisis centre in Vancouver, agrees.

High-profile cases of sexual assault are an opportunity to talk about what constitutes consent, and to educate men and boys about what it means to value another human being as equal, Israel said. Because of this, it's imperative to keep the discourse going.

For the women who have accused Ghomeshi of assault



Police try to clear a path as Jian Ghomeshi makes his way through a mob of media to a waiting vehicle at a Toronto court Wednesday.

NATHAN DENETTE/THE CANADIAN PRESS

— especially those who may have to testify — these charges also signal the start of another chapter, one that can be hugely painful.

Victims of sex assault, who may have already told their story to police and their lawyer, may also have to testify at

a preliminary inquiry and then in court, re-living their experience over and over for what could be months or years.

With women's sexuality already being highly scrutinized in our society, having it analyzed and questioned in court, and — in high-profile cases

— in the media, is humiliating and degrading, said Israel.

"It's incredibly difficult to have to re-tell and talk about all of the fine details," she said.

Fear of humiliation and being re-victimized through the legal process is why Israel said around 70 per cent of

women she works with don't want to go to police. Some general statistics would place that number even higher, at around 90 per cent.

These people often face depression and thoughts of suicide.

"There are many, many

Not everyone wants to report

"There are many, many women that absolutely don't want to go through the process."

Dalya Israel, rape crisis centre manager

women that absolutely don't want to go through the process and feel like it would be way worse than just healing from the assault," she said. "But there are equally women that ... want to be able to tell their truth in court and want somebody to know what this person has done to them.

"I think we've kind of seen that with ... what's going on in the Cosby case," she said.

Israel said it can be validating for some women to know others have come forward.

"Some women feel like finally (they) don't have to keep a secret anymore."

So if you're sick of hearing about Ghomeshi, stop and think about why we're being oversaturated with this story.

It's not about Ghomeshi; it's about sexual violence.

And if we close the door on this story, we close the door on victims of assault.

Watershed moment won't come, but change is happening



EDWARD KEENAN
readers@metronews.ca

We believe you. We believe you. We believe you.

It's a message that has grown into a mantra in the court of public opinion over the past month, expressed in sadness and anger, in support of the women who have spoken about being allegedly sexually and physically abused by Jian Ghomeshi.

At the same time, it has suddenly become the message to women, ignored for years when they talked about being drugged and raped by Bill Cosby.

It was the message Justin

Trudeau seemed to want to convey in expelling two members of his caucus over reports from women who are members of a different party.

Yesterday the police delivered the same message to three of the women who formally reported their stories about Ghomeshi:

We believe you.

The stories of these women has seized the consciousness of moment. It seems possible to imagine that perhaps the same message will carry to every woman who is raped, assaulted, or harassed; to every victim of sexual abuse with a story she's been afraid to tell: We will believe you.

Or perhaps it has just be-

Progress

It feels like a crack has opened up in the understanding of many people. Including me.

come possible for many to allow themselves to hope for it.

My friend Denise Balkissoon wrote a column last month for the Globe and Mail that read like a rhetorical flamethrower incinerating any sanctimonious talk of "watershed moments" or cultural breakthroughs when it comes to violence against women.

She had reported domestic abuse to the police, saw the perpetrator sentenced to pro-

bation, and found the reporting process "essentially useless and thoroughly disappointing."

I hear and understand Denise. More than that, I believe her that we should resist the impulse to congratulate ourselves on reaching the promised land of wisdom and sensitivity. It's not a watershed.

But it is something. Something is shifting. It feels real.

There's a conversation go-

ing on, one that feels like progress.

It's not enough, and it will not suddenly and permanently transform the culture. But it feels like a crack has opened up in the understanding of many people. Including me.

As a man, a father, a citizen, a human being, I hope it is the start of something sustained, a longer process to better understanding, better treatment of each other, better lives.

There likely is no "watershed moment" to be had, because such societal changes are a gradual process.

But this month, leading up to the arrest of Ghomeshi this week, marks some kind of

milestone in that process in Toronto and in Canada.

A time when many women started feeling more comfortable — or more compelled by anger — to talk about their experiences.

And when many of us were shocked into hearing them when we had been negligently deaf for years.

Here's a prayer offered in hope rather than expectation: Let "we believe you" become our response to any woman who tells us about how she has been hurt.

And then let us make real changes to our attitudes, behaviour and institutions so that fewer women have such stories to tell.



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SCENE 2

It's lonely being out at the game

Memoir. Robbie Rogers shares what it's like to be an openly gay pro athlete in the U.S.

Los Angeles Galaxy soccer star Robbie Rogers wants some company, now that he's the last man standing as an openly gay athlete in a U.S. professional league.

Jason Collins recently retired from the NBA, and Michael Sam is without an NFL team. That leaves Rogers, the first openly gay player in Major League Soccer, hoping for a bigger fraternity.

"To be honest, I thought when I came out and Jason and Michael, I thought there'd be a chain reaction," Rogers said in a recent phone interview. "It's been a lot slower. I guess that just reminds me how big a problem it is in sports culture with homophobia. They don't feel comfortable."

Rogers chronicles his struggles with soccer, faith and family acceptance in the memoir *Coming Out To Play*, released this week by Penguin Books. It's a collaborative effort with Eric Marcus, who co-wrote Greg Louganis' book, and recollections from his mother and oldest sister. Rogers discusses growing up in Southern California, playing soccer in U.S. and European leagues and dealing with his sexuality.

On Sunday, he helped the Galaxy defeat Seattle 1-0 in the opener of the Western Conference finals. He's been a key defender this season after briefly retiring from the sport last year at age 25.

Rogers recently signed a contract extension, and the Galaxy players have embraced him. But locker rooms notoriously weren't a safe environment to talk about sexuality,



Robbie Rogers simultaneously came out and retired from pro soccer in a blog post in February 2013, thinking he couldn't be an openly gay man and pro soccer player. He has since returned to playing soccer. GETTY IMAGES

except for teammates bragging about their heterosexual conquests.

"Like every locker room I'd been in for years now, 'gay' and 'gay' were tossed around like an all-purpose putdown," he wrote. "It cut deeper into an already raw wound."

So Rogers stifled his feelings, occasionally dating women to

please his questioning teammates and family. After playing five seasons for the Columbus Crew in MLS, with stints in the Netherlands and England, he realized his happiness required living an authentic life. So he simultaneously came out and retired in a blog post in February 2013, thinking he couldn't be an openly gay man and a pro



Early years

Rogers was a prodigy growing up, playing organized soccer at four. As a teenager, he competed on the Orange County Blue Star team. Jurgen Klinsmann, now the coach of the U.S. national team, would occasionally stop by. His favourite players were European stars Thierry Henry and Zinedine Zidane. After helping Maryland win the 2005 NCAA title as a freshman, Rogers turned pro and went to the Netherlands. Playing for Leeds United in 2012, he sustained a concussion 12 minutes into his debut, colliding with an opponent while going for a header. An ankle injury intensified his depression and isolation, and he eventually returned to the U.S.

soccer player.

But an outpouring of support, conversations with Los Angeles star Landon Donovan and an invitation from Galaxy coach Bruce Arena to train with the team caused a change of heart.

Now the Galaxy are vying for a spot in the MLS final, Rogers is in a steady relation-

ship and hoping more pro sports leagues provide education about diversity. That way, a teammate might think twice before throwing around gay slurs in the locker room.

Comfort zone

There are currently no openly gay players in the NFL, NHL or Major League Baseball. "There are a number of gay men playing professional sports, just not out," Rogers says. "In the end, it's really about guys coming out and changing the atmosphere by being in it. You definitely need to create the environment first where guys feel comfortable."

Baseball hired Billy Bean, who came out after his MLB career, to talk to all 30 teams about inclusion. Rogers says teams need to educate players on "racism, sexism and homophobia. The leagues should have a person there guys can go talk to, honestly. Talk about mental health or depression or guys wanting to come out."

Family/faith

Rogers heard negative comments about gay people at home, church, school and in the locker room. He considers his family "socially and politically conservative and very Catholic." Rogers says his family is loving and close, yet there were harsh comments from his father about not being a "fairy" and negative comments from his mother about gay celebrities and gay marriage.

"Growing up, I heard and saw plenty that made me think that being gay was bad, defective and sinful," Rogers wrote.

He came out to his family, despite the fear of rejection, before posting his blog. Now he says his parents, three sisters and younger brother are his biggest supporters.

THE ASSOCIATED PRESS



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Author looks beyond the Sister act

Books. From running colleges to hospitals, nuns were the first feminists, says author who researched them

LAKSHMI GANDHI

Metro in New York City

Since the release of *If Nuns Ruled the World: Ten Sisters on a Mission* this fall, author Jo Piazza says she's received a new note from a different

Catholic nun nearly every time she checks her email.

"It's a lot of 'Thank you for telling this story that hasn't been told yet. Thank you for acknowledging us,'" says Piazza, whose book was recently featured at a literary salon hosted by the New York Foundling and author Aidan Donnelley Rowley. "And that's the part that sort of breaks my heart."

The author says that travelling with, and getting to know, each of the 10 sisters she profiles in the book taught her just how mis-

understood and stereotyped nuns were, by both the Catholic community and the general population.

"I'm a very healthy and open-minded agnostic," says Piazza, who attended Catholic schools growing up. "I think I love the nuns so much because they don't wear their religion on their sleeves, they just practise it."

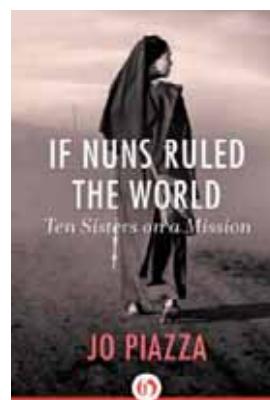
Piazza shared some of the other things she learned while writing the book.

Nuns are not meek

When you think of a Catholic nun, you probably don't picture a woman who volunteers as an abortion clinic escort or a woman in jail for protesting against nuclear weapons.

But those are just two examples of the women Piazza met with while writing her book. "These are the women who are the very first feminists," says Piazza. "They were running colleges, they were running hospitals. They have amazing careers."

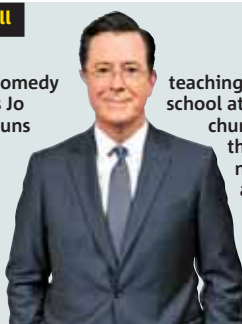
Nuns are not just teachers



After getting to know the 10 sisters she profiles in her book, author Jo Piazza says nuns are misunderstood and unfairly stereotyped by society. ISTOCK

Colbert and baseball

Nuns love a certain Comedy Central star, confirms Jo Piazza, author of *If Nuns Ruled the World: Ten Sisters on a Mission*. "Nuns love Stephen Colbert," she dishes, which should be no surprise, since the late-night host is well-known for



teaching Sunday school at his local church. Other things the nuns raved about to Piazza include red wine, cats and baseball.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Analysis



Jaden Smith GETTY IMAGES

The wit and wisdom of Jaden Smith

To celebrate Thanksgiving in the U.S., we're going to overdo it with the wit and wisdom of the incomparable Jaden Smith. Here, some of his best work:

@officialjaden

I Don't Want You Guys To Think Because I Was Born In America That I Speak

And Abide By English Grammar. I Speak Jaden, Indefinitely.

@officialjaden

I've Bin Drinking Distilled Water For So Long That When I Drink Normal Water It Feels Like I'm Swallowing Huge Chunks Of Aluminum.

@officialjaden

Every 7 Years Your Body Is Completely Replaced With Entirely New Cells So Just Because You Look The Same Doesn't Mean You Are.

This week in Friends reunion denials

It's become apparent that part of being in the cast of Friends means fielding questions about a theoretical reunion at every single interview, as Jennifer Aniston, Courteney Cox, Lisa Kudrow, Matthew Perry, Matt LeBlanc and David

Schwimmer are learning. OK, maybe not so much Schwimmer because no one's been interviewing him lately, but still. As Graham Norton recently asked Jennifer Aniston, "Do you and the other Friends just think, 'Why don't we just do the

reunion so people will stop wanging on about it?" — which is clever, but still a way of wanging on about it. So, what do the latest crop of denials — or the opposite — look like? Here you go:

NED EHRBAR/METRO IN HOLLYWOOD



Jennifer Aniston

"I say we just wait until we're really much older and be just Golden Friends because then you wouldn't have the comparisons like, 'Oh, look at Joey. What happened to them?'" Or: "Oh no, dead Friends. Then we'll know that there's no reunion to have."

Courteney Cox

"It's not going to happen. Let me tell you something: There's six Friends, and I've been trying to put together a cast dinner for 10 years. It doesn't happen! I can get the girls to come, maybe Matthew Perry. Matt LeBlanc cancelled last time right at the last minute, Schwimmer lives (in New York City), so it's just not gonna happen."

Lisa Kudrow

"I'll go for it. A whole season, because to spend that much time with those people again would be heaven."

Matt LeBlanc

"I'm not tired of getting asked that question at all. As far as a reunion project, that's just not in the cards ... I think it's best to imagine what those characters are doing now versus to see those characters. No one wants to see us in our 40s. Joey's still struggling as an actor. It'd just be sad."

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Winter's hottest fashion trends

The cold winter season has declared its arrival, but there's no shortage of must-have new trends to keep you looking chic all season long. We asked two of New York City's top fashion bloggers to break down the looks you need to get your hands on now.

METRO NEWS IN NEW YORK

Oversized coats and pastels

Many of the leading looks this winter are all about length. Case in point: dramatically oversized coats paired with mini-dresses and above-the-knee skirts — an unexpected look for the winter season.

"It's a big surprise when you think about the colder months," says fashion blogger Chanel van der Meijden of Cocorosa.

Also going strong in outerwear is the pastel-coloured coat. When it comes to bundling up, shades of soft pink and baby blue are all the rage.



Forever 21 Textured Longline Coat, \$72, forever21.com

Banana Republic Teddy Coat, \$275, bananarepublic.ca

Above-the-knee boots

Playful lengths are also extending to footwear. Hot this winter are thigh-high, over-the-knee boots. A unique spin on the look takes the form of flats, says Framel.

"We're so accustomed to seeing the over-the-knee, high-heel, slightly sexy version," she says. "A flat boot is especially fresh, like the coolest interpretation this season."

Military-inspired shoes are another look to invest in. Boots with lots of buckling details and hints of that signature olive green are particularly popular. If it's a more feminine look you're after, booties are a dainty alternative.

"Another shoe trend that totally excites me is the kitten-heeled, pointed-toe, lace-up bootie," says van der Meijden.



Clarey Over-the-Knee Boots, \$239, guess.ca

Frye Melissa Over-the-Knee Boot, \$648, thebay.com

Knits, knits, knits

One of the strongest looks this winter is knitwear. On the runway, this includes head-to-toe knit suits and trousers. The trend is really all about size, also taking the form of chunky woven sweaters and bulky knit-wear tops.

"The way it's being translated [from the runway] is really big, oversized sweaters and extreme turtle-necks," says Kelly Framel, creative director of the wildly popular site The Glamourai. "Everything this season is just so big, so extreme — they're almost dresses."



Julia Titika Activewear Sweater, \$72, titika.ca

Big ol' earrings

It's official: Big earrings are back. While the trend for the last few seasons has been more about refined, delicate jewelry, be prepared to see more big-statement pieces this winter.

"The fashion version of that is to wear only one (earring) and to wear the biggest earring possible," says Framel. "But in general, these chandelier and interesting statement earrings are definitely coming back."

Translation? Big, glitzy earrings perfect for the holidays.



Modern Flapper Drop Earrings, \$34, urbanoutfitters.com

H&M Earrings, \$19, hm.com

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Canadian street style

Spotted in: Toronto

Name: Lindsey

Age: 20

Occupation: Marketing Coordinator

What she's wearing

Jeffrey Campbell shoes, Zara tights, Calvin Klein blouse, Ganni jacket, and her Oma's hat.

Her inspiration

"I like clothing that transitions well from day to night. Comfort is also very important to me. If it feels like I am not wearing clothing, it's a good thing."

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Nothing like a red lip for the holidays

Style. Read my lips: I want to celebrate without the smudge

Colour bleed be damned. There's a red lipstick for everybody nowadays.

You know how celebrity beauty guru Ted Gibson found that out?

"My mother has just now been wearing red lipstick since I turned her on to it over the last two years. Before, she thought red meant you were kind of easy," he laughed.

Red no longer evokes sex-pot alone, and it doesn't have to lead to severe chapping. Shades of red can be had in balms, glosses, creamy mattes or a combination of care and colour — or CC as they say in the beauty biz.

If you're unsure of shade, swipe a bit on the inside of one arm the next time you're in a store, then step outside into natural light for a better idea of how it will look.

And if you're traumatized by lip colour seeping into



You say you've got a smooch remedy that would make me look sultry sans the smear? Sign me up! ISTOCK

lines and crevasses beyond where it's supposed to be, use a primer underneath or a lip liner as a barrier. Apply concealer around the outside of the mouth for extra protection against bleed.

"What's great right now is that there are some really creamy, dense highly pigmented red lipsticks that are fantastic for people who really want to go for that power pout look. There are also sheer reds for those of us who don't feel so comfortable or who may feel like a

clown with a big red mouth," said Alexandra Parnass, beauty director at Harper's Bazaar.

And there's no better time than the holidays to get creative with red for the lips, the two agreed, noting how well the colour goes with holiday gold and urging a breaking of traditional skin complexion rules. Go for what feels and looks right on you alone.

Even better, pick up a tube or two as a gift or stocking stuffer.

THE ASSOCIATED PRESS

Trends Report

I've always followed this rule about wearing makeup: If you go bold with the eyes, then go nude on the lips to balance out the look. But is it time to unfollow this rule? Go online to Trends Report and let me know what you think of the bold-on-bold makeup trend.

• Online. metronews.ca/trends-

report

• Follow Irene on Twitter @MetrolreneK and Instagram @kuanirene

• Photo Kylie Jenner at the AMAs. Getty Images



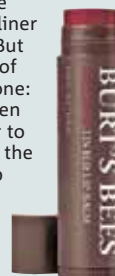
Light up my lips

Smoochable suggestions from Gibson, Parnass and others

BURT'S BEES

• Parnass raved about the natural Burt's tinted balm in Red Dahlia. "It is absolutely one of my favourite products in the world," she said. "It is just the perfect sheer red. I have given it to hundreds of friends and everybody who tries it loves it." To beef up the colour, use a liner underneath. But the best part of wearing it alone: "You don't even need a mirror to put it on. It is the easiest red lip colour of all time."

This kiss of colour and care retails for \$7.



PRABAL GURUNG

• The designer is a longtime

fan of the red lip. As a boy in Nepal, he told W magazine, he recalls watching his mom apply the shade. Then along came Paloma Picasso in ads with a red kisser beaming from magazines. Now, Gurung has a cosmetics capsule collection for MAC that includes red for the lips in three shades - with glosses. "The colours were created are great when applied lightly for day or darkened and dramatized with a gloss on top for the evening," he told The Associated Press. "The lipstick in Carmine Rouge is definitely a favourite. I love a red lip — it's such a powerful statement. It exudes confidence and makes for a bold look."

Look for Gurung's line at Maccosmetics.com on Nov. 20 and in select stores on Nov. 26 for \$30 each.

NARS LIP PENCILS

• Gibson also recommends

these for lining and all-over colour in matte and gloss. As for the rest of the face when red is under consideration, all bets are off for hairstyle, Gibson said. No longer does red require a dramatic Hollywood updo. He does urge restraint for the eyes if a bold red is used on the lip. And there are no age restrictions for who wears red. "What's funny is you're seeing girls in their early 20s who are wearing lipstick. Girls are wearing a little more lip colour, a little more of a stain to the lip. You have to have a little bit more confidence to wear that," he said. "The girl who wears red is independent, very self-assertive and certain about who she is. And she's not afraid to show that."

Nars liners go for \$22 to \$24 and the pencils for \$25.



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Set the scene for entertaining

It's going to be a busy month of cocktail parties, dinners and gift exchanges, so you may as well do it with style. Here are some home-entertaining essentials to help get you through the holiday season



DESIGN CENTRE
Karl Lohnes
home@metronews.ca



Put all your ice in one bucket

No more filling the bathtub with ice to chill your bottles. From serving bubbly to holding a modern flower arrangement, this one does it all. Kate Spade New York's Two of a Kind ice bucket, \$89, TheBay.com.

Nothing but the wild, wild best for your guests

Add some festive Cartier-chic to the powder room with the look of linen. Wild Christmas 16-count Paper Guest Towels, \$9, BedBathAndBeyond.ca.



Go on — fly your neat-freak flag

Put an end to that pile of black coats being thrown on the bed. Dark Wood Suit Hangers, 60-pack, \$75, Walmart.com.

Always a glass act

Class things up a bit: It's glass over plastic — always! Champagne glasses, \$2, Dollarama.ca.



Tray magnifique

It's a satellite serving bar, handy side table or sparkly multi-candle display pedestal. Giles Tray Table, \$229, UrbanBarn.com.

Balsam bouquet

Create the smell of an enchanted forest with the evergreen scent of Fraser fir, crushed balsam needles, spruce, cedar and holly. Royal Forest Candle, \$24, Crabtree-Evelyn.ca.



ALL PHOTOS: CONTRIBUTED

Make room: Rack up those pots and pans

DIY. Recycle common household items to create racks that free up kitchen space for holiday feast-making

'Tis the season to gather friends and family around the kitchen table to enjoy good company and yummy food. With all the cooking and baking that accompanies the holiday season, some extra storage room is always valuable. Hanging pots and pans is a crafty way to create much needed space and keep them accessible. Read on for ideas on how to create a rack to hang cookware using recycled materials around the home.

Lift it

Suspend an old window frame above a counter top or kitchen island to hang up cookware. Before getting started, it's important to select an area and access the ceiling joists to determine how much weight the frame can support. This is a crucial step before hanging anything from the ceiling. Measure the



Adapt a wall-mounted coat rack to hold pots and pans instead. iStock

distance between the ceiling and the floor to make sure the pots are at arm's length, but not too low. Don't have access to a window frame? Try using an old bicycle wheel or a coffee table frame.

Hang it

Use a wall mounted coat rack. If the wood and hooks are being recycled, add a personal touch to them. Sand the wood plank for a cleaner look or paint it a different colour to match the rest of the kitchen. Spray-painting the hooks is

another option. If necessary, proceed to screw the hooks onto the plank. Consider the number of pots and pans you want to hang up and make sure you have enough ma-

More kitchen renos

Get inspired by even more kitchen renovations with all new back-to-back episodes of Kitchen Crashers, on Wednesdays at 10 p.m. ET/PT on DIY Network Canada.

terials and that the hooks are spaced out accordingly. Select the desired area and install.

Lean it

Use an old ladder and lean it against the cupboards or

any other convenient area. A ladder that has rounded and skinny rungs is ideal for this type of project. Garage sales or flea markets are a great place to find various sizes and colours. Next, measure

and note the rungs' circumference. Based on these measurements and the number of pots to hang, purchase steel s-hooks. Place the hooks on the ladder's rungs and hang the cookware.

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Fling away those frozen fish sticks

Perch-in-a-Basket with Tartar Sauce.

Bring an old pub favourite to your table

"I love everything about perch. Catching it, cooking it, eating it — what's not to love? I recently found out that a friend of mine ... even had it for her wedding dinner. I wish I had thought of that!" writes Moira Sanders in her book *The Kitchen Table Cookbook*.

1. Combine the flour, salt and pepper in a bowl. Whisk the eggs and milk together in a second bowl. Place the finely crushed saltines in a third bowl. Place the bowls in this order next to the stove where you will be cooking the fish.

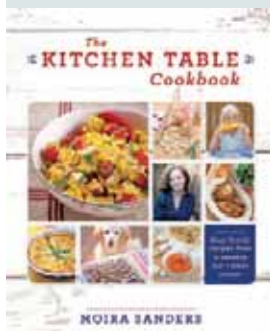
2. Heat about 2 inches (5 cm) of oil in a large saucepan over medium-high heat. Use a deep-fry thermometer if you have one — the ideal temperature is 375 F (190 C) — or check that the oil is ready by dropping a small piece of bread into the hot oil to see if it bubbles right away. Preheat the oven to 250 F (120 C).

3. Dredge each fillet in the flour mixture, egg mixture and finally in the crushed saltines. Carefully place 3 or 4 fillets in the hot oil. Turn the fillets once they have turned a dark golden on one side. When the pieces are done, remove from the oil and place on a baking sheet lined with paper towels.

4. Place the finished fish in the oven to keep warm and continue frying the rest of

Cookbook of the Week

Gather around for family favourites



Sometimes you want to go back to basics. Enter *The Kitchen Table Cookbook* by Moira Sanders.

The release offers recipes that have been tried, tweaked, sampled, savoured and passed on. It covers all the bases for feeding your family during all seasons.

The chapters are divided into quicker (weekday) recipes and more involved weekend or special occasion dishes. Among them are: Fresh Sesame Bread Sticks, Sunday Roast Beef Tenderloin, Seared Salmon, Stuffed Shells, Malted Milk Cookies and more. **METRO**

fillets. Serve hot with Tartar Sauce.

Tartar Sauce

1. Combine all of the ingredients in a medium bowl and mix thoroughly. Serve immediately or cover and refrigerate until needed.

RECIPE FROM THE KITCHEN TABLE COOKBOOK BY MOIRA SANDERS (WHITECAP, 2014)



This recipe serves four to six. FROM THE KITCHEN TABLE COOKBOOK

Ingredients

Perch-in-a-Basket

- 1 1/2 cups (375 ml) all-purpose flour
- 1 tbsp (15 ml) fine sea salt
- 1/2 tsp (2.5 ml) black pepper

- 2 eggs
- 1/4 cup (60 ml) milk
- 1 1/2 cups (375 ml) finely ground saltine crackers (about 1 1/2 sleeves of saltines)

- vegetable oil for frying
- 2 lb (1 kg) fresh yellow perch fillets (skin on is fine)

Tartar Sauce

- 1 cup (250 ml) mayonnaise

- 1/2 cup (125 ml) finely chopped dill pickle
- 1/4 cup (60 ml) chopped chives
- 1 tbsp (15 ml) fresh lemon juice
- 1 tsp (5 ml) Worcestershire sauce

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Paw-pular gift ideas for your furry friends



Doggone excited. Your pets do, in fact, know it's the holidays — so don't disappoint them

YIVA VAN BUUREN
For Metro

It's easy to remember to put the dog or cat on your Christmas list — they're the ones sniffing around under the tree or trying to climb it. Here are fabulous gift ideas for your four-legged friends.

Time to eat
Serve up breakfast, lunch or



dinner in these ceramic pet bowls. They're practical and cute. \$4.99 each, HomeSense.

Santa ... Guinea

Now you can dress the family guinea pig in a red velvet Santa hat and suit. (If you prefer, there are reindeer antlers for the guinea pig, too). \$7.99, PetSmart.



Put up your hoodie

Dress up your pooch in this stylish Canadian North Fetch hoodie ... and bring on winter. North Fetch outdoor gear retails for \$39.99 to \$48.99, PetSmart.

Luv-A-Pet

Wrap up this lovable stuffed toy ... and give back, too. Ten per cent of each Luv-A-Pet purchase is donated to PetSmart Charities of Canada to help homeless pets. Now that feels good. \$8.99, PetSmart.

Fido football

Your dog will love the Nerf Green Crinkle Football. It's long-lasting and safe to play with inside or out. \$9.99, Canadian Tire.



Still life

Artist Kari Serrao will work from a photo to create an original encaustic painting on a wood panel (encaustic is painting with molten wax tinted with oil paint). 11x14-inch original, \$275, kariserrao.com.

Fetch this

When treat time rolls around, give your dog one of these yummy bones. They're dipped in a white chocolate-flavoured confection that is safe for dogs. How sweet it is! Dog bones, \$7.99, Rocky Mountain Chocolate Factory, rockychoc.com.

Makes scents

Dogs will be dogs — and to keep them clean and fresh, they need regular baths. Choose one of these specially formulated shampoos: Shed relief; puppy; 2-in-1; oatmeal; and waterless for in between touch-ups. Essentials Shampoo, \$9.99 each, Pet Valu.

Purr-fect

Your cat will love its private wicker digs. Wicker and Faux-Fur Cat Bed, \$59.99, HomeSense.

Dog run

The Jogger's Leash is a convenient and comfortable



way to take your best friend for a run. It features a flexible and comfortable neoprene waistband. There is a zippered pouch for

keys, phone, waste bags and more. \$24.99, Canadian Tire.

All Canadian dog

There's nothing more Canadian than a dog in a Hotel Doggy Moose sweater.

In sizes XS-XL, \$14.99, Target Canada.

Catnip fever

Wrap up the Fat Cat Classic Appetizer, which is filled with high-test organic catnip for hours of fun. Package of two, \$4.99, Canadian Tire. Maybe your cat would prefer the Cosmic Pet Corknip Totter Mouse, \$8.49, Pet Valu.

Canine stocking

The stockings were hung by the chimney with care — now you can hang up one for your dog, too. Dog Stocking filled



with all sorts of treats for your furry friend. \$11.99, Pet Valu.

A wild life

Comfortable animal prints dog bed has a removable polyester fleece cover — so it's easy to wash. Fits dogs up to 75 pounds. Animal Planet, \$29.99, Sears Canada.

Kibble counter

This automatic, battery-operated pet food dispenser has a built-in LCD control panel that lets you customize meal times and portions. Animal Planet, \$49.99, Sears Canada.

On Prancer!

Now your pooch can be part of all the reindeer games. Reindeer Sweater, \$19.99, Marshalls.

From left to right, **top row:** Ceramic pet bowls \$4.99 each, HomeSense; Pet Treat Canisters, HomeSense; Cosmic Pet Corknip Totter Mouse, \$8.49, Pet Valu; The Jogger's leash, \$24.99, Canadian Tire; Guinea pig costume, \$7.99, PetSmart. **Middle row:** Dog Stocking, \$11.99, Pet Valu; Luv-A-Pet, \$8.99, PetSmart; Nerf Green Crinkle Football, \$9.99, Canadian Tire; Canadian North Fetch hoodie, from \$39.99, PetSmart. **Bottom row:** Wicker and Faux-Fur Cat Bed, \$59.99, HomeSense; Dog bones, \$7.99, Rocky Mountain Chocolate Factory; Specially formulated shampoo, \$9.99 each, Pet Valu.



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Need gift ideas? Zoom in and see the latest

MIKE
YAWNEY
For Metro

Whether it's through a smartphone or the lens of an expensive camera, there are so many fun ways to capture the moment. Here are some of the best cameras and accessories to put under the tree this year for the shutter-bug in your family.

Nikon D750 HD-SLR \$2,549.95 (body only)

It may not be cheap, but Nikon's latest professional camera sure packs a lot of features. The lightweight, carbon fibre D750 houses a newly developed 34.3MP FX-format CMOS sensor, a 51-point autofocus system, and a pivoting viewfinder to let photographers snap photos at any angle. This is also Nikon's first HD-SLR with built-in Wi-Fi for

easy photo sharing and remote capture.

Sony cyber-shot DSC-RX100 \$549.99

Small enough to fit in your pocket, but don't underestimate just how powerful Sony's latest point-and-shoot camera is. Featuring an ultra-bright Carl Zeiss f/1.8 lens, and 20.2-megapixel

Exmor CMOS image sensor, shutterbugs can expect razor-sharp images, even in low-light conditions. Face detection registers up to eight faces and with so many built-in, shot-enhancing features, you will always have perfect colour, no matter if you are shooting indoors or at sunset.

Polaroid Socialmatic camera \$299

A camera for the hipsters. This unique 14MP camera lets you share photos in one of two ways. Built-in Wi-Fi automatically lets you upload pics to popular social media websites, or you can rock it old school by printing them instantly

from the camera itself using special ink-free paper. There is also a 2MP rear camera for selfies. Available in the late fall.

GoPro hero4 black \$549.99

A fast new processor allows this updated action cam to shoot 4K video at 30fps and 1080p HD video at 120 fps. The Hero4 Black also features a new Night Photo and Night Lapse mode for customized exposure

settings when you want to shoot in low-light conditions. Don't forget the dozens of mounts and cases available to tailor this powerful camera to your needs.

Phantom 2 Vision+ \$1,229 US

Take your photography to a new level. This easy-to-fly drone has a built-in camera to snap photos and shoot 1080p HD video while soaring high above the action. Unique stabilizers help re-

duce wobbly shots while the GPS auto-pilot system offers position holding for stable

hovering. Users can download an app to control the camera, and get point-of-view shots directly on their smartphone.

Camalapse 4 \$34.99

A rotating stand for your smartphone or compact camera that helps you take high-quality, time-lapse videos like a pro. The twisting stand uses a built-in timer to rotate a full 360 degrees in 60 minutes. Works with small cameras, Android, and iOS devices.

HTC RE \$199

The camera that never turns off. Designed to capture life's impromptu moments, the Re is always on. Simply press a button and you will instantly record 1080p HD video or snap a 16MP photo and stream it to your smartphone. The 146-degree wide angle lens negates the need for a viewfinder, but if you really want one you can use your smartphone as one.

Clockwise from bottom left: Nikon D750 HD-SLR, \$2,549.95; Camalapse 4, \$34.99; Phantom 2 Vision+, \$1,229 US; HTC RE, \$199; GoPro hero4 black, \$549.99; Sony cyber-shot DSC-RX100, \$549.99; Polaroid Socialmatic camera, \$299.



Ladies in BLUES Christmas Concert

Singing sweet 'n' sassy these seasoned entertainers will help kick off your holiday season! Performing Christmas classics and originals with a band to bring the house down!

The **W.H.O. CLUB** will be hosting the auction and refreshments sale to raise money for the RED CROSS efforts to help the EBOLA Crisis.

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Krisanne Crowell
Shirley Jackson
Eileen Joyce

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Holiday shopping for a bookworm

Page-turners. See some of the top adult books of 2014 that make the best gifts

BILL BEAN
For Metro

Sure, you can give a downloadable gift card, but why not a book? Consider the message it conveys; the identifier as "one who reads"; and the intimacy of touching the pages, each page a revelation.

FICTION

Girl Runner. Carrie Snyder, \$29.95, House of Anansi, hardcover. The pursuit of one's passion as seen through the life of a 104-year-old Olympian whose body is confined but whose mind runs free.

Stone Mattress: Nine Tales. Margaret Atwood, \$29.95, Deckle Edge, hardcover. Canada's signature novelist, essayist and poet releases her first work in eight years — it's an event.



Where the Air is Sweet. Tasneem Jamal, \$22.99, HarperCollins, trade paperback. Former print journalist Jamal uses her debut novel to explore the tangibility of "home" as seen through the trials of three generations.

The Opening Sky. Joan Thomas, \$29.95, Penguin-Random House, hardcover. Breakout novel about contemporary adults forced to reconcile their good intentions with past deeds.



NON-FICTION

This Changes Everything: Capitalism vs. The Climate. Naomi Klein, \$30, Knopf Canada, hardcover. This book will have people reading and talking about the intersection of society's economic choices and their impact on the environment.

Not That Kind of Girl. Lena Dunham, \$32, Random House, hardcover. The creator of the acclaimed HBO series Girls offers a memoir-



ish book of essays that is hilarious and poignant.

Flash Forward Tenth. \$60, the Magenta Foundation, four hardcovers in slipcase. A compendium of the last decade of images from emerging photographers from Canada, the U.S. and the U.K.

The Organized Mind. Daniel Levitin, \$27.95, Dutton, hardcover. Feeling overwhelmed by the information tsunami? See what current



findings in neuroscience can teach us about how our brain functions, and then apply that knowledge to your own life management.

Thug Kitchen. (a.k.a. Michelle Davis and Matt Holloway), \$24.99, House of Anansi, hardcover. A vegetable-weighted manifesto for healthy eating that has 100-plus recipes and just as many F-bombs. What would Julia Child have to say about this one?

The Contributors

Metro canvassed a number of "books people" to suggest 2014 releases they would give as gifts to adults and children this year. Here are the people who contributed:

- The Readers Advisory Committee of the Toronto Public Library; Melissa Bell, associate branch librarian, Richmond Hill Public Library; Michaela Cornell, communications strategist, Kids Can Press; Diana Krawczyk, Reader's Den manager, Mississauga Public Library (and chair of the Ontario Library Association's Readers' Advisory Committee); Cindy Ma, publicist, House of Anansi and Greenwood books; Carrie Snyder, CanLit blogger and author; 2013 Governor General award-winning children's author Teresa Totten; David Worsley, co-owner of independent bookseller Words Worth Books; Nora Young, host/creator of CBC radio's Spark; Josh Ziegler, public relations co-ordinator, Indigo Books; Carrie Dawber, children's librarian, Richmond Hill Public Library; and Melissa Bourdon-King, manager of Mabel's Fables Bookstore.

Top children's books of 2014

Are you the crazy aunt or uncle stumped over what to delight your nieces and nephews with this season?

Go for books. Clever books, surprising books, even outrageous books.

AGE RANGE: 0-4

Don't. Litsa Trochatos (illustrated by Virginia Johnson), \$9.95, Groundwood Books, softcover. Clever picture book about why you don't let a cheetah drive your car, among other funny don'ts.

Sam and Dave Dig a Hole. Mac Barnett (illustrated by Jon Klassen), \$16.99, Candlewick Press, hardcover. Two friends, two shovels and a hole that should be big enough for anything.

AGE RANGE: 4-8

The Book with No Pictures. B.J. Novack, \$19.99, Dial, hardcover. Super funny: this book will involve adults and children, with laughter as the result.

If I Wrote a Book About You. Stephany Aulenback (illustrated by Denise Holmes), \$18.95, Simply Read Books, hardcover. A mother's love for her child is written in the tree branches and the stars. Super-sweet storybook to share.

AGE RANGE: 9-12

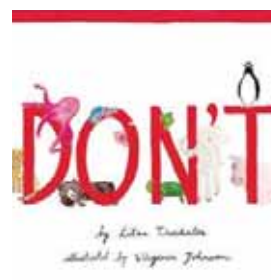
The Boundless. Kenneth Oppel, \$19.99, HarperCollins Canada, hardcover. Combine the greatest train ever, a cross-continental trip, nasty villains and treasure, and you have this page-turning adventure.

If: A Mind-bending New Way of Looking at Big Ideas and Numbers. David J. Smith (illustrated by Steve Adams), \$19.95, Kids Can Press, hardcover. Making the big concepts accessible to kids and their parents.

AGE RANGE: 12-PLUS

The Rule of Three. Eric Walters, \$17.99, Farrar Straus Giroux Books, hardcover. A dystopian sci-fi about a worldwide computer catastrophe.

The Blood of Olympus (The Heroes of Olympus Book 5). Rick Riordan, \$19.99, Disney-Hyperion, hardcover. The last of the series that was the sequel to Percy Jackson and the Olympians, based on the premise that the gods of Olympus live in contemporary times. **BILL BEAN/FOR METRO**





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FAMILY FUN GUIDE BY JON TATTRIE

Where to go, what to do and how to get there. Here are this week's activity listings



CELEBRATE RBC SPORTS DAY

Saturday, Nov. 29 is RBC Sports Day in Canada, a national celebration of sport in communities from coast to coast, presented in partnership with ParticipACTION, CBC and True Sport. Several events will be taking place in the Halifax area including the following:



- Try-It Day at the Canada Games Centre, which will

feature sport demos such as water polo, diving, synchronized swimming and tennis. Runs from 3 p.m.-6 p.m.

- Family Sports Day at the Canadian Forces Base with an open skate, curling clinic and ball hockey game. Runs from 11 a.m. to 4 p.m.

Learn more at sportsday.cbc.ca.



MEET MANY SANTAS

Take a road trip to the Mahone Bay Father Christmas Festival. Walk among 90 life-sized, hand-crafted Santas, listen to carollers, take a horse-drawn wagon ride and buy some unique Christmas presents. Starts Nov. 28. For more, go to mahonebay.com.



ENJOY A BAVARIAN CHRISTMAS

The Christkindl Market at Alderney Landing brings a traditional German Christmas to Dartmouth, with carousel rides, marionettes, music, and more. Starts Friday at 4 p.m.; open 2 p.m. - 9 p.m. on Saturday, and 11 a.m. - 4 p.m. on Sunday. For more, go to alderneylanding.com.



HELP THE RAINMEN RULE

The Halifax Rainmen are back in town, taking on Charlottetown's Island Storm at 7 p.m. on Saturday, Nov. 29. The basketball team is working out the kinks of a new season, and could use some boisterous support. Tickets at Rainmenbasketball.ca.



LIGHTS ON HIGH

Dartmouth lights its Christmas tree on Saturday from 4:30 p.m. to 6:15 p.m. at Sullivan's Pond. Free mini-train rides, hot drinks, and a Christmas show. Bring two sets of traditional glass lights and swap them for energy-efficient lights – for free! For more, visit halifax.ca for more.



“Someday I’d like to play on Team Canada.” – *Madison, age 8*

Every kid has a someday. It may be something fantastical like flying to the moon, something practical like following their dad into construction or something we all can relate to like wanting to be surrounded by love. No matter what it is, we want to give them the support they need to get there. That’s why we’re pledging \$100 million over five years to help over a million children do just that. Let’s make every kid’s someday™ happen.



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metro

BLACK FRIDAY

Thursday, November 27, 2014

Historically an American shopping holiday, Black Friday has grown in Canada the past few years. BERNARD WEIL/TORSTAR NEWS SERVICE

Forget Boxing Day, this is the real shopping day

Start your wallets. In the minds of Canadian Shoppers, Black Friday is second to none for best deals

VAWN HIMMELSBACH
For Metro

Is Black Friday the new Boxing Day? The shopping holiday from south of the border is, for the first time, winning over Canadians.

Thirty-three per cent of Canadian shoppers expect to find the best deals on Black Friday, while the same number expect to find the best deals on Boxing Day, according to Accenture's 2014 holiday shopping survey. This is a significant shift from last year when only 22 per cent of Canadians expected to find the best deals on Black Friday.

While Black Friday may have started out as a novelty, it "snuck up on us," said Kelly

Askew, managing director of strategy with Accenture Inc., a global consulting company.

"We've been watching the importance of Black Friday climb year over year," he said. "This is the first year Black Friday is as important as Boxing Day in the minds of Canadians. If this trend continues we'll start to see less and less focus on Boxing Day."

The survey found that 61 per cent of Canadians plan to shop on Black Friday — a trend largely driven by younger shoppers (81 per cent of those aged 18 to 24 will hit the shops on Nov. 28).

There's also a move away from cross-border shopping, said Askew. This is, in part,

Canadian shopping trends

- Canadian consumers like to pre-shop on their smartphone or tablet in preparation for Black Friday, said Jennifer Lee, senior retail leader with Deloitte Canada.
- About 38 per cent of Canadians plan to pre-shop before Black Friday, according to Deloitte's 2014 Holiday Retail Outlook.

due to the weakening loonie, which is making those U.S. deals a little less attractive. But it's also because Canadian

retailers have started to take Black Friday more seriously.

"It's not just a couple of items on sale. (Retailers) are putting a big mark on their planning calendar," said Askew.

"It's kind of a perfect storm for Canadian retailers," he said. "They're seeing a heightened interest in Black Friday ... and Canadians say they're going to shop domestically."

And, on average, Canadians plan to spend \$250 more than they did last year during the holiday season.

"They need to be ready for that crush," said Askew. "The last thing retailers want is to have people walking out the door or dropping off the web-



A crowd of shoppers waits outside the Target store in Lisbon, Conn., ahead of Black Friday. SEAN D. ELLIOT/THE DAY/THE ASSOCIATED PRESS

site in frustration because they may not be able to make the purchase," he said. After all, they can always come back on Boxing Day.

"The question is always: Is it going to be a better deal on Boxing Day when retailers don't have as many prospects of selling?" said Maureen Atkinson, senior partner at J.C. Williams Group, a retail consulting firm.

When Black Friday first came to Canada, she was sceptical. "Black Friday has a meaning in the U.S.," she said. "For Canadians it doesn't make as much sense because it isn't a holiday."

Black Friday follows American Thanksgiving, when most

retailers in the U.S. offer promotional sales to kick off the holiday shopping season.

Many Americans have the day off (or take it off, since American Thanksgiving always falls on Thursday).

In 2008, several large Canadian retailers started offering Black Friday deals, mainly to discourage cross-border shopping.

But the shopping holiday finally appears to be catching on here — perhaps because retailers no longer have to wait until Dec. 26 to find out if they'll meet their annual revenue goals. If they have a stellar Black Friday, it takes the pressure off Boxing Day, said Askew.

BLACK FRIDAY

..... SEE PAGE 3 FOR FULL OFFER DETAILS! ONE DAY ONLY!

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Game-day strategy: Beware the hype

Black Friday vs. Cyber Monday. Deal-savvy mom says online is best — if you plan ahead

JACLYN
TERSIGNI
For Metro

Lena Almeida is a self-labelled “reformed spend-aholic.”

The lifestyle blogger — whose blog Listen to Lena has been the most-trafficked personal blog in Toronto since 2010 — shopped hard as a career woman with a matching salary in her 20s, but motherhood turned her into a more savvy shopper.

“I wasn’t exactly the saving type. I always had to have the latest trends. I’ve got years and years of retail experience,” Almeida said, laughing. “When I became a parent, I had to learn how to shop smarter.”

When it comes to Black Friday or Cyber Monday shopping, Almeida believes going online is the better choice — most of the time.

“Nine out of 10 times, I always recommend online shopping,” she says. “You’re shopping from the comfort of your own home, which translates to more shopping. You’re not going out and braving the crowds and going from store to store ... I think the better deals can be found online and with so many retailers now offering

online shopping, it’s forced everyone to become more competitive.”

It also makes comparison-shopping as easy as navigating between a few different tabs on your browser. And increased competition between retailers in the online marketplace over the last few years has forced shipping costs to come down (almost all sites offer free shipping after a certain minimum), with guarantees and warranty policies improving, too. On Cyber Monday, many retailers do away with shipping costs and purchase minimums all together.

But that doesn’t mean Cyber Monday always comes out on top of Black Friday. Some items are better off hunting for in stores.

Makeup, bath and body products, shoes, and clothing from retailers whose sizing you’re unfamiliar with should be purchased in-person, Almeida said.

“If you’re going to have to go back anyways to return it, you actually haven’t saved that much time,” she said. “The last thing you want to do is turn a purchase into something you have to deal with.”

Whether shopping online or in stores, the rules for successfully navigating the sales are the same. Rule number one? Beware the hype.

“When it comes to Black Friday and Cyber Monday shopping, it’s really, really easy

Competition online

“You’re not going out and braving the crowds and going from store to store ... I think the better deals can be found online and with so many retailers now offering online shopping, it’s forced everyone to become more competitive.”

Lena Almeida, Listen to Lena blogger

to get caught up in the hype,” Almeida said.

That hype may be most dangerous when it comes to electronics, which are often the biggest draws on Black Friday and Cyber Monday. Before you venture out — to the mall or via your laptop — know exactly which television, stereo system, or computer package you’re after.

“It’s easy to get lured into a great deal on a large-screen TV but you may find out after that it’s last year’s model, that it’s been discontinued, that there are warranty issues,” Almeida warned. “When buying electronics, research ahead of time to find out what you’re looking for and try not to get caught up in the door-crasher items — unless it’s an item you’ve already had your eye on and have pre-vetted.”



Lena Almeida prefers online shopping for deals, but says in some cases, stores are necessary. TIM FRASER/FOR METRO

Game-day strategies

Before you hit the mall or the web, take heed of Almeida’s tips for maximizing your time and money on Black Friday and Cyber Monday.

Know the regular prices

“If you don’t know what a product consistently sells for, it’s very easy to be looped into the false belief that you are being offered a huge savings,” Almeida said. “Always

know going in what you’re looking for, what it normally retails for, and then decide if what is presented to you is a good deal or not.”

Budget for extras

“Give yourself a miscellaneous budget for those ‘It’s a fantastic deal, I’m just going to buy it’ items so you don’t feel guilty at the end for putting those in your cart. That budget can be \$50 or \$500,

but make an agreement with yourself ahead of time.”

Always read the fine print

“Always, always, always check refund policies,” Almeida advised. “Sometimes the refund and return policies of your favourite retailers can change for Black Friday and Cyber Monday deals.” Knowing upfront that everything is exchange-only can force you to make better purchasing deci-



Debby Blyth is a strategic Black Friday shopper. “It’s not impulse shopping ... I’ll buy Christmas presents on Black Friday because I know I can get \$10 or \$20 off on things that I’m going to buy anyway.” AARON HARRIS/FOR METRO

On home turf. Canuck uproots U.S. retail habits

For years, Debby Blyth has been drawn to the online deals available through U.S. retailers on Black Friday.

“They do slash the prices incredibly,” she said. “I’ve bought evening gowns for a fancy dress ball I go to, as well as boots and shoes, bags, and shirts for my husband.”

But more recently, Blyth has gravitated to Canadian online shopping sites, which are offering Black Friday deals of their own.

“Last year, I bought my husband a weather station at Canadian Tire,” she said. “He’s obsessed with the weather and it was only \$19 on Black Friday, compared to the regular price of \$75.” The device

combines an outdoor sensor with an LED readout that stays inside the house and tells the time, the barometric pressure, and the temperature indoors and outdoors.

Blyth also purchased a Soda Stream machine at Canadian Tire for \$64, about a third off the usual price. Although Blyth is a proud Canadian, she admits her reasons for cyber-shopping on her own side of the border have more to do with saving money than patriotism. She can attest to the fact that additional costs for exchange rates, shipping, duty, and other fees can sometimes conspire to turn U.S. deals into duds.

“A few years ago, I picked

out a few things to buy at Macy’s and then I got browsing,” she said. She ended up adding a couple of impulse purchases to her basket of goods — including a blouse and a bag for her daughter. “When it came time to pay the duty it cost me an extra \$30,” she recalled. “I realized that I had basically killed the deal.”

As it turns out, Blyth’s impulse purchases were manufactured outside of North America, making them subject to a higher level of duty under NAFTA rules.

Now, she said, “I compare all of the costs to see where I can get the best value.”

CAMILLA CORNELL/FOR METRO

Maximizing the deals

- **Get the final tally from U.S. sites.** When you purchase from a U.S. site, duty (on items that are not manufactured in the U.S.), Canadian taxes, credit card fees for currency conversion and customs brokerage fees (charged by courier companies to get packages processed at the border) can easily double the cost.
- **Buy Canadian.** All-Canadian department store e-tailors like thebay.com, sears.ca, eluxe.com, and shop.ca ship from Canada, so you won’t be surprised by extra charges.

- **Take the credit.** Some shopping sites, including shop.ca, allow you to accumulate credits for shopping, which you can use later to buy other goods.

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Sidney Crosby avoids the stick check of Leafs forward David Clarkson on Wednesday night in Pittsburgh. Crosby's two assists give him 800 career points.
GENE J. PUSKAR/THE ASSOCIATED PRESS

Comeau puts Leafs to sleep in overtime

NHL. Lesser-known forward nets 3 as Penguins prevail in Pitt

Blake Comeau completed his second career hat trick with a slapshot past Jonathan Bernier 2:07 into overtime, lifting the Pittsburgh Penguins to a 4-3 win over the Toronto Maple

On Wednesday

4

Penguins

3

Maple Leafs

Leafs on Wednesday night.
Comeau settled a pass from

Kris Letang and fired a shot from the point for his third goal of the night and eighth of the season. Evgeni Malkin added a goal and two assists, and Sidney Crosby had two assists to become the third player in Penguins history to reach 800 points joining Mario Lemieux and Jaromir Jagr.

Marc-Andre Fleury, wearing gold pads for the first time in seven years, stopped 24 shots

for his 301st win.

Leo Komarov scored twice for the Maple Leafs, and Tyler Bozak got his ninth of the season. Bernier made 22 saves but couldn't get a hand on Comeau's winner.

The Penguins improved to 11-0-3 in their last 14 games against Canadian teams and beat the Maple Leafs for the fifth straight time.

THE ASSOCIATED PRESS

Brodeur invited to practise with Blues

The St. Louis Blues are giving Martin Brodeur a chance to return to the NHL.

Blues general manager Doug Armstrong said on the team's Twitter account that the former New Jersey Devils all-star goaltender will practise with the team starting Friday.

The Blues are in need of goaltending help after starter Brian Elliott sustained a lower-body injury Wednesday night in a game against the Ottawa Senators.

The 42-year-old Brodeur is the NHL's all-time leader in

Multi-time champion

3

Brodeur won three Stanley Cups with the Devils (1995, 2000 and 2003).

wins (688) and shutouts (124).

He split time in the Devils' goal with Cory Schneider last season before leaving the team as a free agent in the off-season.

St. Louis is off to a strong start this season with a 14-6-2 record. THE CANADIAN PRESS



Martin Brodeur speaks with the media prior to the induction ceremony at the Hockey Hall of Fame on Nov. 17 in Toronto. BRUCE BENNETT/GETTY IMAGES

A good old boy

Cherry recalls Quinn as an old-school coach

Don Cherry remembers Pat Quinn as an old-school coach with a special way about him.

Quinn, a former NHL defenceman, coach and executive, died Sunday night in Vancouver after a lengthy illness. He was 71.

"He was one of the good old boys. We're all going fast," the 80-year-old Cherry told The Canadian Press.

Cherry added Quinn "had the touch" with his players.

"The players loved him," Cherry said. "All the old-school coaches, the players loved them. Because they were one of them, more or less." THE CANADIAN PRESS

NBA

DeRozan delivers 27 daggers in ATL

DeMar DeRozan scored 27 points, Lou Williams added 22 and the Toronto Raptors beat the Atlanta Hawks 126-115 on Wednesday night for their sixth consecutive victory.

The Eastern Conference-leading Raptors had their highest point total of the season. They have won 11 of 12 to match the best stretch in the franchise's 20-year history, also accomplished from March 22-April 14, 2002.

Jeff Teague had 24 points and 12 assists for Atlanta, and Al Horford scored 23 points.

The Hawks, who won in Washington on Tuesday, were trying to beat the East's top two teams on consecutive nights.

Kyle Lowry had 14 points and 13 assists for Toronto, which is 4-1 on the road for the first time in team history.

THE ASSOCIATED PRESS

RG3 assigned homework



"We just want him to take a step back, work on his craft a little bit more, study the game a little bit more."

Washington Redskins head coach Jay Gruden on quarterback Robert Griffin III, who will sit on Sunday against Indianapolis in favour of Colt McCoy.

Champions League



Koke jumps on Atletico Madrid teammate Mario Mandzukic, whose third goal capped a 4-0 win over Olympiakos on Wednesday in Madrid. Scan the image with your Metro News app for a roundup of Wednesday's action around Europe. DENIS DOYLE/GETTY IMAGES

Mandzukic's hat trick leads Atletico's rout of Olympiakos

Mario Mandzukic capitalized on woeful defending to score a hat trick and steer Atletico Madrid into the knockout stages of the Champions League with a 4-0 win over Olympiakos on Wednesday.

Atletico attacked the Greek champions from the start, coming close with a Raul Garcia header in the second minute, and the 2014 losing finalists continued to pile on the pressure throughout the match.

Garcia opened the scoring when he tapped in Juanfran Torres's cross in the ninth minute after Olympiakos goalkeeper Roberto cleared straight to the Atletico defender.

Mandzukic struck first after a misunderstanding between defenders Alberto Botia and Eric Abidal enabled him to score from Cristian Ansaldi's pass in the 38th minute.

Mandzukic turned to head in a cross from Arda

Turan in the 62nd minute and then headed his third in the 65th.

With Juventus beating Malmo 2-0 in the other Group A match, Atletico is top with 12 points, followed by Juventus on nine. Olympiakos is on six points, and Malmo has three.

Atletico avenged an opening 3-2 defeat by Olympiakos in Greece and now only needs a draw against Juventus in its final match to be sure of qualifying as the group winner.

"We now have to face a very tough match against a great rival, but with the intention of going there and winning," said Garcia, who looked to be offside when he scored.

Antoine Griezmann would have scored a fifth for Atletico in the 88th, but the referee judged there had been a dangerous kick in the penalty area and disallowed his effort.

"We didn't play well," Olympiakos coach Michel Gonzalez said. "I'm unhappy about the feeling we gave out there, of never having been into the match." **THE ASSOCIATED PRESS**

Tiny Banks makes his way amid giants

At 153 pounds. After five punt returns and a playoff-record 226 yards, pint-sized TiCat gets noticed big time

At six foot five and 325 pounds, Peter Dyakowski fits in nicely when it comes to the super-sized world of pro football.

A Caterpillar would have a hard time moving the Hamilton Tiger-Cats offensive lineman.

But the big man couldn't help but be envious of pint-sized teammate Brandon Banks on the trip out to the Grey Cup.

"I like being a big guy, but we were flying out on the plane (Tuesday), we were eating our dinner and all the O-linemen were like this," said Dyakowski, mimicking eating in a crunched-up position.

"And Brandon's sitting back, enjoying a nice relaxed dinner in this giant chair that he gets to sit in, with all the space in the world. I guess sometimes he's got a leg up on us."

Banks is listed at five foot seven and 153 pounds. But pressed by reporters, the kick returner-receiver known as Speedy or Speedy-B admits to some poetic licence.

"I've always been the small-

Unique

"Brandon Banks is absolutely a special player. He just has a gift."

TiCats slotback Luke Tasker



Hamilton Tiger-Cats wide receiver Brandon Banks stretches during a practice Wednesday in Vancouver. The Tiger-Cats face the Calgary Stampeders on Sunday in the 102nd CFL Grey Cup. PAUL CHIASSON/THE CANADIAN PRESS

est guy and I honestly probably weigh 149 pounds," he said after practice Wednesday at BC Place Stadium.

"I just feel any time I touch the ball, I have the possibility of going the distance," he said.

He did that twice on electric punt returns last weekend — three times if you count a 78-yard runback for a score that was called back due to a penalty — in Hamilton's 40-24 Eastern final win over Montreal.

Banks had five punt returns for a playoff-record 226 yards. His two TD returns — which covered 93 and 88 yards — also tied a playoff mark. The North Carolina native had three carries for 35 yards and four catch-

es for 33 yards to finish with 294 total yards.

His second TD return was a marvel as he left Als players twisting in the wind.

"It was almost like Casper the Ghost because it looks like we were just grasping for air and he wasn't there," said Montreal coach Tom Higgins.

With kickers penalized for punting the ball out of bounds other than within the 20-yard line, it is hard to escape Banks.

Is his size an advantage, he was asked?

"It has its pros and cons," he said. "Because when I get hit, it doesn't feel good.

"But it does have a little bit of advantage. I've got a little bit

of wiggle with me to get away from bigger guys."

One opponent he relishes seeing in his sights is the kicker — usually the last man to beat, a pylon in opposition colours.

"That's the best thing. That's like Christmas morning for me," he said with a laugh.

Banks, 26, spent three years as a returner for the Washington Redskins but came north last year after the NFL team did not tender the restricted free agent an offer.

"I don't think I got a fair shake," he said of his time in the NFL. "I don't think I got an opportunity to show my wide receiver skills."

THE CANADIAN PRESS

Vanier Cup. Sellout crowd expected in Montreal



Carabins quarterback Gabriel Cousineau THE CANADIAN PRESS

Playing in their home city will be a boost to the University of Montreal Carabins, but experience will be on the McMaster Marauders' side in the Vanier Cup game.

A sellout crowd of 23,500, most of them wearing Carabins blue and white, is expected on Saturday afternoon at Percival Molson Stadium, the Montreal Alouettes' home field on the McGill University campus downtown, for the Canadian Interuniversity Sport championship football game.

"We're playing on a bigger stage, for sure, but we're not

feeling any more pressure," said Carabins quarterback Gabriel Cousineau, whose team downed the Manitoba Bisons in the Uteck Bowl at their 5,100-seat CEPUSM Stadium last Saturday.

"It's an opportunity to play in our city in front of our fans, and we hope we'll give them a good show."

The Carabins are in their first Vanier Cup after finally downing the powerhouse Laval Rouge et Or, who had won 11 straight conference titles.

The Marauders will be in their third Vanier Cup in four

years. They beat Laval in 2011 in Vancouver and lost to the Rouge et Or in 2012 in Toronto.

Now they are headed onto their opponent's turf to try for a second title.

"We're excited to be on the national stage and play our best football in front of what know will be an exciting environment and a very blue crowd," said Marauders quarterback Marshall Ferguson, who will be playing his last CIS game. "The crowd noise plays into making it more difficult to achieve that goal."

THE CANADIAN PRESS

Weeknights at 6 Kat counts down the HOTTEST songs of the day

TOP SIX @ 6

- 6 Alessio ft Tove Lo - Heroes
- 5 David Guetta & Sam Martin Dangerous
- 4 Ariana Grande & The Weeknd Love Me Harder
- 3 Sam Smith I'm Not The Only One
- 2 Nick Jonas Jealous
- 1 Taylor Swift Blank Space

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**Horoscopes by Sally Brompton****♈ Aries****March 21 - April 20**

You will get the chance to perform an unselfish act today. You may not receive any obvious rewards but you will feel good about yourself.

♉ Taurus**April 21 - May 21**

No matter how many times you may have doubted your instincts in the past, don't doubt them today. According to the planets, you are in tune with the spirit of the times!

♊ Gemini**May 22 - June 21**

Is what you are doing with your life meaningful? There may be moments today when your confidence wavers. Try to understand that whatever path you're on is the right one.

♋ Cancer**June 22 - July 23**

Act on what your instincts are telling you. It does not matter if everyone else seems to be moving in the opposite direction, it matters only that you trust your inner voice.

♌ Leo**July 24 - Aug. 23**

Make a wish today. You may not get what you want immediately but the planets indicate that by the start of next week you will see a major change.

♍ Virgo**Aug. 24 - Sept. 23**

The mental boundaries you set up are far too rigid and need to be broken down. Think the unthinkable today. You may be surprised what you learn.

♎ Libra**Sept. 24 - Oct. 23**

Even if you're happy with the way life is going it will pay to try something different. A new routine may seem odd to begin but you will eventually wonder why you didn't change sooner.

♏ Scorpio**Oct. 24 - Nov. 22**

What happens over the next 24 hours will confirm that it is a mistake to limit yourself in any way. Old ways of doing things are unlikely to make your world better — but new methods will.

♐ Sagittarius**Nov. 23 - Dec. 21**

The obvious solution to a problem is not necessarily the right one and today's cosmic outlook urges you to try something that has not been done before.

♑ Capricorn**Dec. 22 - Jan. 20**

If you've been feeling left out of things, don't worry. What happens over the next few days will clue you in to what's going on and give you a starring role.

♒ Aquarius**Jan. 21 - Feb. 19**

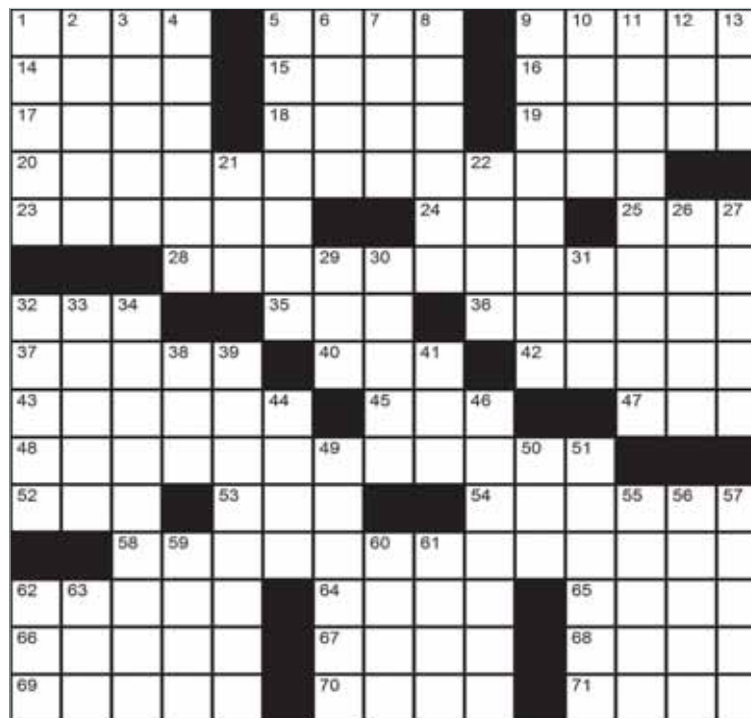
A work issue may be giving you problems but if you stay calm and listen to your inner voice it will guide you to the solution.

♓ Pisces**Feb. 20 - March 20**

Someone is determined to make your life difficult but you won't overcome them by direct confrontation. Find ways you can influence their behaviour in more subtle ways.

Crossword: Canada Across and Down by Kelly Ann Buchanan**Across**

1. ___ water
5. Pool-playing props
9. ___ Thanksgiving Day Parade
14. Dial
15. Spoken
16. Basset ___ (Instruments)
17. Peru neighbour, briefly
18. Attention
19. Where Joan of Arc was executed in 1431
20. Unwanted caller, often: 2 wds.
23. Lustrous sheets fabric
24. Ms. Harper, to pals
25. QVC equivalent in Canada
28. Master ensuite feature: 2 wds.
32. Culture/natural history attraction in Toronto [acronym]
35. Ms. Carrere
36. ___ door
37. Belonging to Edith's li'l hubby
40. Edmonton transport service [acronym]
42. Ran, like the tortoise's competitor, say
52. Games org.
53. River inlet
54. Some curtains fabrics
58. Satisfyingly happy sounding Newfoundland town: 2 wds.
62. Grassland of South Africa
64. Math course,



bec are a part of)

52. Games org.
53. River inlet
54. Some curtains fabrics
58. Satisfyingly happy sounding Newfoundland town: 2 wds.
62. Grassland of South Africa
64. Math course,

briefly

65. Bee's place
66. Barry Manilow's "___ It Through the Rain"
67. Shakespeare: "___ Brute?" - Caesar
68. Dr. ___ Spengler, "Ghostbusters" (1984)
69. Taboos

70. Actress Martha
71. Jean ___, Wide Sargasso Sea author

Down

1. Timetables, slangily spelled
2. ___ week (Every seven days)
3. Have misgivings
4. Slacked
5. Type of oil or milk
6. Russian river
7. 'Grey' tea
8. Cookies bag row
9. Village known for its Saskatoonberry Festival each summer
10. Peek-_-!
11. Royalty attendants
12. "___-haw!"

Yesterday's Crossword**Online**

See today's answers at
metronews.ca/answers

**Conceptis Sudoku by Dave Green****How to play**

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

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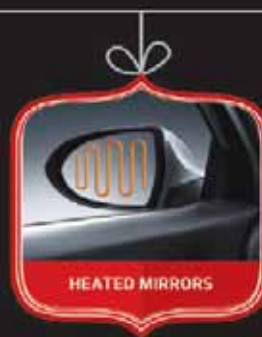


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